Group Exercise Classes

Simon Recreation Center  Fall 2006  Session II

Aerobics

Aerobic exercise is the best way to make you sweat! You'll tone up and burn calories in these fun and challenging classes. Our Aerobics program offers a variety of disciplines including Step, Interval Step, Boot Camp, Strength/ flexibility and core conditioning. Must be a Simon Recreation Center member to participate.

Class Size: Minimum 20 registrants, no maximum
Cost 30 per 8-week session or $4 per class (Fee includes participation in as many classes as you like.)
Class Days/Time: Monday thru Thursday 5:15 to 6:15 pm
Session II: Wednesday, October 25 to Thursday, December 14

The original and most comprehensive group cycling program is still one of the hottest classes in the world. By pedaling to the music, you get a great workout. As the music changes, you can control your resistance and the intensity. Spinning is a great way to add cross training to your current fitness program.

Class size: Minimum 5, maximum 11 per class section.
Cost (per 6-week session): $50 SRC members $74 non-members
Class Day/Times: (You must select your reserved class time.)
Monday & Wednesday / 8:00 am - 8:45 am
Monday & Wednesday / 5:15 pm - 6:00 pm
Monday & Wednesday / 6:15 pm - 7:00 pm
Monday & Wednesday / 7:15 pm - 8:00 pm
Tuesday & Thursday / 5:15 pm - 6:00 pm
Tuesday & Thursday / 6:15 pm - 7:00 pm
Wednesday & Friday / 7:00 am - 7:45 am

Session II: Wednesday, October 25 to Tuesday, December 12

- Plus
Aerobics

Put some real variety into your workouts. Register for Yogalates or a Spinning section and get aerobics too. By participating in two group exercise programs, you'll get plenty of cross training. This is your best aerobic value and is $20 less than registering separately. MUST be a Simon Recreation Center member to participate. (Spinners must select a reserved class section.) Aerobics is an 8-week session while the others are 6-week sessions.

Cost: $10 per session

Spinning

(You must select your reserved spinning class time.)

Mon & Wed (5:15-6:00pm)
Mon & Wed (6:15-7:00pm)
Tue & Thr (5:15-6:00pm)
Tue & Thr (6:15-7:00pm)
Wed & Fri (7:00-7:45am)

The Non-member faculty, staff, or alumni and spouse fee replaces the purchase of a Daily Use Pass and provides for class participation only, not full use of the Simon Recreation Center. The Department reserves the right to cancel and/or reschedule any classes due to low enrollment. All classes are held in the Simon Recreation Center. Visit us on the web at www.slu.edu/organizations/crcisc. If you have any questions or comments regarding instructional classes, please contact Glen Kemper, Fitness Programs Coordinator at 977-3969.

Late Registrations: Anyone may register at any time for a Fitness Program as long as there is availability in the class. Once half the classes have passed, the fee will be reduced to half. This requires the approval of the Fitness Coordinator.

Refunds: 1) Before a class has started anyone may receive a full refund for any reason. 2) Once classes have started, scheduling conflicts will first be resolved by switching sections or courses. A pro-rated refund is possible for documented health or schedule changes. Refunds will not be made after half the class dates have passed – exceptions may be made in extraordinary situations.

Dept. Campus Recreation – Group Exercise Registration Form – Fall 2006 Session II

Name:_________________________ Member/Student Number #_____________________
Contact Phone(s):__________________________ Contact Email:__________________________
Status: ___Student ___Faculty ___Staff ___Alumni ___Non-Member

Please check the appropriate class(es) below:

Aerobics

Spinning

Spin + Aerobics

(You must select your reserved spinning class time.)

Mon & Wed (5:15-6:00pm)
Mon & Wed (6:15-7:00pm)
Tue & Thr (5:15-6:00pm)
Tue & Thr (6:15-7:00pm)
Wed & Fri (7:00-7:45am)

Make Checks Payable to Saint Louis University

User agrees that all physical activities, including the use of weights & any equipment, Machinery, or apparatus designed for exercise shall be at user’s sole risk. Notwithstanding any consultation or use of equipment, facilities or exercise programs which may be provided By SLU employees or agents, it is hereby understood that the selection of activities, exercise programs, methods and type of equipment will be user's entire responsibility. Knowing the risks & in consideration of using the facility, user agrees to waive, release & discharge SLU its employees/agents from all claims, demands or actions of any kind or nature which may be brought by user or anyone who might make a claim on user's behalf arising out of user's activities & use of any services, equipment, machinery or apparatus provided by University notwithstanding the negligence of SLU, its trustees, officers, employees or agents. User's is responsible for becoming familiar with all Campus Recreation policies noncompliance may result in the suspension of privileges.

SIGNATURE          DATE

FOR OFFICE USE ONLY: _____Cash       Check #________     Credit Approval:_______________________         Initials_____         Date______