Group Exercise Classes
Simon Recreation Center Spring 2007 Session I

Spinning

New Spinning section!
Friday afternoons / 3:30 to 4:15pm

Class size: Minimum 6, maximum 15 per class section.
Cost: (per 6-week session): $25 SRC members $37 non-members
Session I: January 26 to March 2
** Due to Grand Opening the first week (Jan 26) class will start at 4:30pm

- Plus Aerobics

Put some real variety into your workouts. Register for Yoga, Pilates (afternoons) 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

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.

SLU Campus Recreation – Group Exercise Registration Form – Spring 2007 Session I

Name:__________________________________________
Member/Student Number #____________________________________
Contact Phone(s)________________________________________
Contact Email:____________________________________________
Status:  ___Student  ___Faculty  ___Staff   ___Alumni   ___Non-Member

Please check the appropriate class(es) below:

□ Spinning  □ Spinning + Aerobics

(You must select your reserved spinning class time.)
□ Fri only (3:30 – 4:15pm) $25 / $37

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.

Make Checks Payable to Saint Louis University

FOR OFFICE USE ONLY: _____Cash    Check #________    Credit Approval:_______________________    Initials_______    Date_______

SIGNATURE ___________________________________________    DATE ____________________________