



Spring into Fitness

Fitness Classes at Simon Recreation Center
Spring 2017, Jan 23 to May 5

All classes & sections are sold independently! Register only for the classes and days that you want. Your registration reserves your space.

Must be a Simon Rec member.

Each class section is only \$40 for the semester.

The All-Access Fitness pass is available for only \$90. If you want to register for three or more sections, this is the way to register.

Also available is the 1x single fitness class.

For \$5, attend any single fitness class. If there are just a few classes you can attend or if you can only make a class at the last minute - this is a great option. Sign up before class and hand receipt to the instructor.

SLU Campus Recreation – Fitness Classes Registration Form – Spring 2017

Please check the appropriate box(es) below: (Check boxes you plan to attend even if using All-Inclusive option)

- All-Access fitness pass
 1x single fitness class (\$5)

- | | | |
|--------------------|-------------------------------------|-------------------------------------|
| 20 / 20 / 20 | <input type="checkbox"/> Wed 6:30p | |
| Cardio Core | <input type="checkbox"/> Tues 4:00p | <input type="checkbox"/> Fri 12:30p |
| HIIT | <input type="checkbox"/> Mon 6:30p | <input type="checkbox"/> Thu 6:30p |
| Intro to Salsa | <input type="checkbox"/> Wed 5:15p | |
| Merengue y Bachata | <input type="checkbox"/> Wed 6:30p | |
| Power Yoga | <input type="checkbox"/> Tues 4:30p | <input type="checkbox"/> Wed 4:30p |
| Spinning | <input type="checkbox"/> Mon 5:30p | <input type="checkbox"/> Thu 5:30p |
| Spinning | <input type="checkbox"/> Tue 6:30p | <input type="checkbox"/> Thur 6:30A |
| Total Conditioning | <input type="checkbox"/> Wed 5:15p | |
| Yoga Stretch | <input type="checkbox"/> Wed 12:00p | |
| Vinyasa Yoga | <input type="checkbox"/> Tues 5:45p | <input type="checkbox"/> Wed 5:45p |
| Zumba | <input type="checkbox"/> Mon 5:15p | <input type="checkbox"/> Tues 5:00p |
| Zumba | <input type="checkbox"/> Thur 7:30p | |

Name: _____

Member/Student Number _____

Contact Phone(s) _____

Contact Email: _____

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 is responsible for becoming familiar with all Campus Recreation policies. Noncompliance may result in the suspension of privileges.

SIGNATURE

DATE

Make Checks Payable to Saint Louis University

FOR OFFICE USE ONLY: _____ Cash Check # _____ Credit Approval: _____ Initials _____ Date _____



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Monday	Tuesday	Wednesday	Thursday	Friday
	Spinning (6:30 to 7:15A)		Spinning (6:30 to 7:15A)	
		Yoga Stretch (Noon to 12:45p)		Cardio Core (12:30 to 1:30p)
	Cardio Core (4:00 to 5:00p)			
	Power Yoga (4:30 to 5:30p)	Power Yoga (4:30 to 5:30p)		
	Zumba (5:00 to 6:00p)			
Zumba (5:15 to 6:30p)		Total Conditioning (5:15 to 6:15p) Intro to Salsa (5:15 to 6:15p)		
Spinning (5:30 to 6:15p)			Spinning (5:30 to 6:15p)	
	Vinyasa Yoga (5:45p to 6:45p)	Vinyasa Yoga (5:45p to 6:45p)		
HIIT (6:30 to 7:30p)		20 / 20 / 20 (6:30 to 7:30p) Merengue y Bachata (6:30 to 7:30p)	HIIT (6:30 to 7:30p)	
			Zumba (7:30 to 8:30p)	

No classes

Mon Mar 13 to Fri Mar 17 – Spring Break
Wed Apr 12 to Mon Apr 17 – Easter Break

All classes are held in the Simon Recreation Center. Reasonable efforts will be made to find a make-up date(s) / time(s) for classes postponed due to unforeseen circumstances.

Class minimums must be met in order for a class section to run.
Classes are on a first come, first served basis.

Late Registrations: If space allows, anyone may register at any time for the session. Once half the classes have passed, the fee will be reduced 50%.

Refunds: 1) Before a class has started anyone may receive a full refund for any reason. 2) Once classes have started, 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.

If you have any questions or comments regarding fitness classes, please contact Glen Kemper, Fitness Programs Coordinator at 977-3969.