



Your Summer for Fitness

SLU Rec Fitness Classes
 Summer 2017, May 22 to Aug 11

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

Must be a Simon Rec member.

Most class sections are only \$40 for the entire summer.

The All-Inclusive Fitness pass is available for only \$90. If you want to register for three or more classes, this pass is your best option.

Also available is the 1x single fitness pass.

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 – Summer 2017

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

- All-Inclusive Fitness pass (\$90)
- 1x single fitness class (\$5)

- Body Sculpt Mon 12:00p
- Pound Mon 5:15p (\$20 June 12-July 17)
- Spinning Mon 5:15p (\$30 June 12 – Aug 7)
- Aqua Zumba Mon 6:15p (\$20 June 12-July 17)
- Spinning Tue 6:30A
- HIIT Tue 5:15p
- Yoga Stretch Wed 12:00p
- Zumba Wed 5:15p
- Total Conditioning Wed 5:15p
- Salsa Wed 6:15p (\$20 June 14-July 19)
- 20/20/20 Wed 6:15p
- Spinning Thur 6:30A
- Insanity Thur 5:15p (Begins June 1)
- Spinning Thur 5:15p

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.

Make Checks Payable to Saint Louis University

Amount paid: _____

 SIGNATURE

 DATE

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



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Monday	Tuesday	Wednesday	Thursday
	Spinning (6:30 to 7:15a) Spin Studio - Frank		Spinning (6:30 to 7:15a) Spin Studio - Frank
Body Sculpt (Noon to 12:45p) MPR 1 - Hannah		Yoga Stretch (Noon to 12:45p) Mind/Body Rm - Alison	
**Pound (5:15 to 6p) Mind/Body Rm - Alex	HIIT (5:15 to 6p) MPR 1 - Hannah	Zumba (5:15 to 6p) MPR 2 - Sue & Alex	*Insanity (5:15 to 6p) MPR 1 - Hannah
***Spinning (5:15 to 6p) Spin Studio - Mary		Total Conditioning (5:15 to 6p) MPR 1 - Mary	Spinning (5:15 to 6p) Spin Studio - Mary
**Aqua Zumba (6:15 to 7p) Indoor Pool - Alex		**Salsa (6:15 to 7p) MPR 2 - Alex	
		20/20/20 (6:15 to 7p) MPR 1 - Mary	

Special class schedule

*Insanity class begins June 1

** Pound, Aqua Zumba and Salsa run June 12 – July 21 (6-weeks)

***Spinning Monday at 5:15 pm runs June 12 – August 7 (9-weeks)

No classes

Monday, May 29 for Memorial Day

Tuesday, July 4 – Independence Day

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 registration 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. 3) 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:

P | 314.977.3181 E | campusrec@slu.edu