

HEALTHY U FITNESS REGISTRATION FORM

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

| <u>ID</u> | <u>Course Name</u> | <u>Day</u> | <u>Time</u> | <u>Location</u> | <u>Start Date</u> | <u>Cost</u> | <u>Choices</u> |
|-----------|--------------------|------------|------------------|-----------------|-------------------|-------------|----------------|
| 100 | Intro to Rock | Tuesday | 2pm - 3pm | Trees | Jan 17 | \$24 | _____ |
| 200 | Cycling | Sunday | 12pm - 1pm | Baierl MPR | Jan 15 | \$24 | _____ |
| 201 | Cycling | Sunday | 2pm - 3pm | Baierl MPR | Jan 15 | \$24 | _____ |
| 202 | Cycling | Monday | 5:30pm - 6:30pm | Baierl MPR | Jan 23 | \$24 | _____ |
| 203 | Cycling | Tuesday | 5:30pm - 6:30pm | Baierl MPR | Jan 17 | \$24 | _____ |
| 204 | Cycling | Wednesday | 5:30pm - 6:30pm | Baierl MPR | Jan 18 | \$24 | _____ |
| 205 | Cycling | Thursday | 5:30pm - 6:30pm | Baierl MPR | Jan 19 | \$24 | _____ |
| 206 | Cycling | Saturday | 12pm - 1pm | Baierl MPR | Jan 14 | \$24 | _____ |
| 210 | Zumba | Tuesday | 10am - 11am | Baierl MPR | Jan 17 | \$24 | _____ |
| 211 | Zumba | Thursday | 10am - 11am | Baierl MPR | Jan 19 | \$24 | _____ |
| 310 | Zumba | Friday | 11am - 12am | Bellefield | Jan 20 | \$24 | _____ |
| 311 | Zumba | Monday | 3pm - 4pm | Bellefield | Jan 23 | \$24 | _____ |
| 312 | Zumba | Wednesday | 3pm - 4pm | Bellefield | Jan 18 | \$24 | _____ |
| 320 | Bootcamp Fitness | Monday | 9am - 10am | Bellefield | Jan 23 | \$24 | _____ |
| 321 | Bootcamp Fitness | Tuesday | 9am - 10am | Bellefield | Jan 17 | \$24 | _____ |
| 322 | Bootcamp Fitness | Wednesday | 9am - 10am | Bellefield | Jan 18 | \$24 | _____ |
| 323 | Bootcamp Fitness | Thursday | 9am - 10am | Bellefield | Jan 19 | \$24 | _____ |
| 330 | Pilates | Monday | 10am - 11am | Bellefield | Jan 23 | \$24 | _____ |
| 331 | Pilates | Wednesday | 10am - 11am | Bellefield | Jan 18 | \$24 | _____ |
| 240 | Belly Dancing | Monday | 6:30pm - 7:30pm | Baierl MPR | Jan 23 | \$24 | _____ |
| 245 | Hip Hop Dancing | Monday | 7:30pm - 8:30pm | Baierl DS | Jan 23 | \$24 | _____ |
| 340 | Salsa Dancing | Friday | 12:15pm – 1:15pm | Bellefield | Jan 20 | \$24 | _____ |
| 350 | Beginning Swim | Monday | 7pm - 8pm | Bellefield | Jan 23 | \$24 | _____ |
| 351 | Beginning Swim | Tuesday | 7pm - 8pm | Bellefield | Jan 17 | \$24 | _____ |
| 260 | Per Fitness | By Appt. | By Appt. | Baierl | N/A | \$48 | _____ |

*DS = Dance Studio; MPR = Multi Purpose Room

*Courses in Baierl are for students only

*All courses are 8 weeks

SIGNATURE: _____

TOTAL \$ _____

Please check one: Faculty/Staff: Student:

PAYMENT: PANTHER FUNDS ONLY. Bring Registration Form to Dianne Drish, in the Baierl Fitness Center offices.

RELEASE WAIVER: Waiver must be signed to enroll in classes.

HEALTH CLEARANCE FORM (PAR-Q): Must be filled out and signed to enroll in classes.

QUESTIONS: Call 412/383-7421 or 648-8279.