

Group Exercise Classes

Simon Recreation Center

Fall 2008

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. Class formats of Total Body Conditioning and Cardio allow for a variety of activities such as Step, Interval Step, Strength & Tone, Firm & Burn. All classes include flexibility and core training. **Must be a Simon Recreation Center member to participate.**

Class Size: Minimum 20 registrants, no maximum

Cost: 30 per 7-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 22 to Thursday, December 11

Kickboxing

This aerobic kickboxing class provides instruction and technique on a combination of kickboxing, martial arts, and boxing moves, including blocks, punches, jabs and kicks. With the emphasis on aerobics, this class will kick start your workout!

Class Size: 8 minimum, 20 maximum

Cost: (per 6-week session): \$50 SRC members \$74 non-members

Class Day/Times: Monday & Wednesday / 6:30 pm -7:30 pm

Session II: Monday, October 27 to Monday, December 8

- Plus Aerobics

Put some real variety into your workouts. Register for Pilates, Yoga, Kickboxing, Sunrise Yopalates 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 a 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 based on 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) Prior to the start of class, 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 and are reviewed on a case-by-case basis.

SLU Campus Recreation – Group Exercise Registration Form – Fall 2008 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

Kickboxing

Kickboxing + Aerobics

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 and in consideration for use of the facility, user agrees to waive, release and 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 and use of any services, equipment, machinery or apparatus provided by SLU and 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 _____