



Name \_\_\_\_\_ Date \_\_\_\_\_

Department / Unit \_\_\_\_\_

Campus Address \_\_\_\_\_

E-mail Address \_\_\_\_\_

Campus Phone \_\_\_\_\_

**Summer Mid-Session 2014: July 7 – August 22 (7 weeks)**

Please select one of the following Exercise Class sections:

- Section 1 Strength and Conditioning Mon / Wed 11:45a - 1:30p
- Section 2 Women's Workout Class \* Mon / Wed 1:30p - 2:15p (\*Intended for women only)
- Section 3 Strength and Conditioning Mon / Wed 5:00p - 6:45p
- Section 4 Strength and Conditioning Tue / Thur 11:45a - 1:30p
- Section 5 Women's Workout Class \* Tue / Thur 1:30p - 2:15p (\*Intended for women only)
- Section 6 Strength and Conditioning Tue / Thur 5:00p - 6:45p
- Open Workout Hours Friday 11:45a - 1:45p
- Open Lap Swim Mon - Fri 12:00p - 1:00p
- Open Gym Basketball Mon - Fri 12:00p - 1:00p

- New Member** Class Fee: **\$ 73.00** (Includes one-time-only \$25.00 initiation fee)

Please include the following with your EWP Registration Form:

Exercise Risk Assessment Form and Informed Consent Form  
Medical Clearance Form (only if required, you will be notified)  
Check for \$103.00 made payable to *Employee Wellness Program*

- For New Members: Check here if you were "recruited" by an EWP member**

Please list the name of the EWP member who "recruited" you: \_\_\_\_\_

- Continuing Member** Class Fee: **\$ 48.00** (Does not include Fitness Assessment)

Please include the following with your EWP Registration Form:

Check for \$78.00 made payable to *Employee Wellness Program*

The Class Fee includes 12 weeks of class sessions and allows participants to use the Lifespan Wellness Center during Open Workout Hours and in any "open" exercise class section (*where less than 30 participants are signed in*). You are also free to participate in Open Lap Swimming (Monday-Friday, 12:00-1:00pm) and Open Gym Basketball (Monday-Friday, 12:00-1:00pm).

Please send all forms and check by campus mail to: **Employee Wellness Program KHS-121**