

Illinois State University Faculty-Staff Wellness Program
Fall 2009 Fitness Program Registration
[Community Member Form](#)
Fall Session August 17 – December 18, 2009

Name _____ Address _____
 Phone – Day _____ Phone – Evening _____
 E-mail address (PRINT) _____
 Payment Total \$ _____ Check # _____ Cash _____

Please return forms and payment by August 12, 2009.

✓ Please place a check mark next to the activities you will be attending.

<p style="text-align: center;"><u>Water Programs – Metcalf Pool</u></p> <ul style="list-style-type: none"> ○ Aquacize MWF 6:15 – 7:15 am \$70 ○ Aquacize MWF 4:30 – 5:30 pm \$70 ○ Aquacize TR 11:30 am – 12:30 pm \$60 ○ Water Walking MWF 3:15 – 4:15 pm \$60 ○ Lap swim T R 5:45–7:30 am \$70 (Metcalf Pool) 	<p style="text-align: center;"><u>Horton - \$80.00</u></p> <p>Weight Room – 102</p> <ul style="list-style-type: none"> ○ M/W/F 12:00 – 1:30 pm – 1st 9wk ○ M/W/F 11:30 am – 1 pm – 2nd 9 wk ○ T/R 7 – 8 AM / 11:30 am–1:00 pm <p>Fitness Lab – 319</p> <ul style="list-style-type: none"> ○ M/W/F 12:00 – 1:30 pm ○ T/R 11:30 am – 1 pm /4:00 – 5:30 pm
<p style="text-align: center;"><u>Land Classes</u></p> <ul style="list-style-type: none"> ○ Pilates: T R 12:15 – 1:00 pm \$65 (Bone Student Center, 3rd West lounge) ○ T'ai Chi I- Thurs. 5:00 – 6:00 pm \$70 (Metcalf 139) 	<p>\$95.00 fee for unlimited participation in the above activities.</p> <p>Not included in unlimited participation: Yoga, Table Tennis and Badminton.</p> <p>Parking Services – 438-8391</p>
<p style="text-align: center;"><u>Yoga Classes</u></p> <p style="text-align: center;"><i>\$70 for 1 class, \$130 for 2, & \$190 for 3</i></p> <p><u>Metcalf 139</u> Yoga for Strength</p> <ul style="list-style-type: none"> ○ Mon / Wed 5:00 – 6:00 p.m. 	<p style="text-align: center;"><u>Yoga Classes</u></p> <p style="text-align: center;"><i>\$70 for 1 class, \$130 for 2, & \$190 for 3</i></p> <p><u>Metcalf 139</u></p> <ul style="list-style-type: none"> ○ Power Yoga: Tues. 5:00 – 6:00 pm ○ Yoga: Sat. 8:45 – 10:00 am <p><u>Bone Student Center, 3rd West Lounge</u></p> <ul style="list-style-type: none"> ○ Yoga: M W F 12:00 – 1:00 pm
<ul style="list-style-type: none"> ○ Table Tennis: Sat. 7:00 – 10:00 pm – McCormick 206 \$25.00/Fall ○ Badminton: Sundays 2:30 – 6:30 pm U-High S Gym/Weds. 9 – 11 pm Metcalf S. Gym \$35.00/Fall semester - \$80.00/Year 	

Contact Nikki Brauer at 438-8845 or nbgegel@ilstu.edu for further information.

Mail completed forms and payment to: 2120 Wellness Program, Normal, IL 61790-2120