

Illinois State University Faculty-Staff Wellness Program
Fall 2009 Fitness Program Registration
Faculty/Staff/Family/Retiree/Alumni Form
Fall Session August 17 – December 18, 2009

Name _____ Mail Code or Address _____
 Phone – Day _____ Phone – Evening _____
 E-mail address _____ (print)
 AP _____ CS _____ Fac _____ Family _____ ISU Retiree _____ GA/ST _____ ISU Alum _____
 Wellness Ambassador – (\$5.00 reduction per semester) _____

Fall 2009 Fees are \$65.00 for unlimited participation in all activities.
Full Year Wellness Pass: \$175.00 for Fall 2009, Spring and Summer 2010 (Payroll deduct extend until 4/2010)

Payment Total \$ _____ Payroll Deduct _____ Check # _____ Cash _____

Please place a check mark next to the activities you will be attending on a weekly basis.

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| <p align="center"><u>Water Classes – Metcalf Pool</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Aquacize MWF 6:15 – 7:15 am <input type="checkbox"/> Aquacize TR 11:30 am – 12:30 pm <input type="checkbox"/> Aquacize MWF 4:30 – 5:30 pm <input type="checkbox"/> Water Walking MWF 3:15 – 4:15 pm | <p align="center"><u>Classes Held in 3rd West Lounge, BSC</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Pilates: T R 12:15 – 1:00 pm <input type="checkbox"/> Yoga: M W F 12:00 – 1:00 pm |
| <p align="center"><u>Horton</u></p> <p>Weight Room – 102</p> <ul style="list-style-type: none"> <input type="checkbox"/> M/W/F 12:00 – 1:30 pm – 1st 9wk <input type="checkbox"/> M/W/F 11:30 am – 1 pm – 2nd 9 wk <input type="checkbox"/> T/R 7 – 8 AM / 11:30 am–1 pm <p>Fitness Lab – 319</p> <ul style="list-style-type: none"> <input type="checkbox"/> M/W/F 12:00 – 1:30 pm <input type="checkbox"/> T/R 11:30 am – 1 pm /4:00 – 5:30 pm | <p align="center"><u>Classes Held in Metcalf 139</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Yoga for Strength –Mon / Wed 5:00 – 6:00 pm <input type="checkbox"/> ZUMBA – Mon/Wed 6:00 – 6:45pm <input type="checkbox"/> Power Yoga-Tues. -5:00 – 6:00 pm <input type="checkbox"/> T'ai Chi I-Thurs. - 5:00 – 6:00 pm <input type="checkbox"/> Yoga: Sat. 8:45 – 10:00 am |
| <p align="center"><u>Lap Swim – Metcalf & Horton Pools</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> T R 5:45 – 7:30 am - Metcalf <input type="checkbox"/> M W F 10:30 am – 12:30 pm- Metcalf <input type="checkbox"/> T R 12:15 – 1:30 pm – HORTON <input type="checkbox"/> Sun – Thur 7:30 – 10:30 pm - Metcalf | <p><i>Please mark the activities you will attend on a weekly basis. If you won't attend an activity on a regular basis, please do not mark. Thanks!</i></p> |

No Fee for Faculty/Staff/Family/Retirees/Students of ISU

Table Tennis: Saturday 7:00 – 10:00 PM – Metcalf 139
 Badminton: Sunday 2:30 – 6:30 PM – U-High S. Gym/Wed. 9:00 – 11:00 pm Metcalf S. Gym
 Soccer: Sunday – 9:00 – 11:00 AM - U High Large Gym
 Basketball: M-F 12:00 – 1:00 PM –Horton Field House

Contact 309-438-8845 with questions. Mail to: 2120 Wellness Program, Normal, IL 61790-2120

Illinois State University Wellness Program
Payroll Deduct Authorization for Fitness Program Fees

Name (print) _____ University ID # _____

I hereby authorize Illinois State University to deduct \$ _____ from each of my payroll checks.

This will terminate when a total of \$ _____ is reached. The total deduction is completed By November 30, 2009.

Signature _____ Date _____

I am paid (check one) _____ Hourly _____ Monthly _____ Exempt Semi-Monthly
 ISU Element 082