

## CLASS INFORMATION

### BENEFITS:

- Guaranteed reserved spot
- Experienced Instructors

### ATTIRE / EQUIPMENT:

- Wear comfortable, "easy to move in" clothing
- Bring a hand-towel and water bottle to class
- For sanitary reasons, you **MUST** bring your own mat or towel. *No equipment will be provided.*

### REGISTRATION:

- Class registration is open to any PSU Faculty, Staff, Student, Spouse, Retiree, or Affiliate.
- Pre-registration with full payment is required. Payment **MUST** accompany registration.
- All payment must be received by Jan. 25, 2010. Registration after this date cannot be processed and will be returned to participant.
- Registration is on a first-come, first-served basis. Classes cannot exceed maximum registration.
- Switching between classes is not permitted
- Classes must have a minimum registration. Payments for classes that do not meet minimum registration will be returned to patron.

### Why you should add a wellness class to your regular fitness routine:

- ❖ It is a common belief that supplementing one's weekly workouts with non-traditional exercise classes, stretch classes, and mind/body classes can enhance performance in daily life.
- ❖ You will use breath, flow, concentration, control, and centering to achieve flexibility and better alignment
- ❖ You will learn how to stretch optimally.
- ❖ You may reduce your chances of injury.

### Prepare for classes by:

- ❖ Drinking plenty of water.
- ❖ Making sure your cell phone is off
- ❖ Leave your obligations and worries back at your work desk.
- ❖ Focusing inward on your breath and your body.



## Wellness Series Spring 2010



## INSTRUCTIONAL CLASSES IN FITNESS YOGA, STRENGTH TRAINING, & SMALL GROUP PERSONAL TRAINING

SPRING 2010 WELLNESS REGISTRATION



**Body Sculpt**



12 classes

o (T,R 12:10-12:50) 1/25 – 3/04

**\$45.00**

**Fitness Yoga**

12 classes

o (M, 12:10-12:50) 1/25 – 4/23

**\$45.00**

o (W, 12:10-12:50) 1/25 – 4/23

**\$45.00**

**Small Group Training**

12 classes

o (W, 12:10-12:50) 1/25 – 4/23

**\$45.00**

**Body Sculpt**



Created to condition and sculpt both upper body and lower body. Simple and easy-to-follow, the class will help patrons get back into shape at the start of the new year.

**Tuesdays, Thursdays-12:10-12:50P**

**White Bldg \$45**

*\*\*\* A follow-up session will begin March 2010\*\*\**

**Fitness Yoga**

A quick escape from the daily grind. This class combines meditation, stretch, strength, balance and, most importantly, relaxation for the ultimate lunchtime vacation. Perfect for beginner Yogis.

**Mondays-12:10-12:50P**

**RM 50/51 White Bldg \$45**

**Wednesdays-12:10-12:50P**

**RM 50/51 White Bldg \$45**

**Small Group Training**

Designed to challenge your strength and stamina, this class proves effective at getting you out of your comfort zone within your lunch-hour. Expect to sweat. Shoes are required.

**Wednesdays- 12:10-12:50P**

**RM 117 White Bldg \$45**

Number of classes: \_\_\_\_\_

Method of Payment:

- Cash
- Check

Total \$: \_\_\_\_\_

\_\_\_\_\_  
Full Name

\_\_\_\_\_  
Email address

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

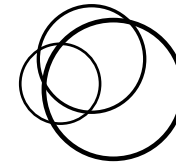
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Campus Phone

**\*\*There will be NO classes Mar. 8-12\*\***

**\*Please take note of all start and end dates for each class\***

**IMPORTANT REMINDERS:**

- ❖ Classes will run Jan. 25<sup>th</sup> – Apr. 23<sup>rd</sup>.
- ❖ There will be NO classes Mar. 8-12.
- ❖ Payment must accompany registration. Checks payable to PSU. There are NO REFUNDS.
- ❖ Registration received after Jan. 25<sup>th</sup> CANNOT be processed.
- ❖ These classes may be reimbursable by your insurance provider. Contact your plan administrator for details.
- ❖ Classes are subject to minimums and maximums. **SIGN UP TODAY!!**



**ANY QUESTIONS?**

Email [fitness@psu.edu](mailto:fitness@psu.edu)

**Cash or check made payable to PSU will be accepted. There are NO REFUNDS.**

Please send cut form & payment to:  
PSU Fitness Room  
115 White Building  
University Park, PA 16802