

# Adult Class Registration Form



## Low Impact Aerobics:

Listen to great music as you learn the proper way to work out, get into shape, and maintain a healthy lifestyle. **Class must have a minimum of 8 registered participants.**

	M/W	6:00-7:00pm		
Session Fees:	1 Day/Wk	2 Days/Wk	Drop In	
Member:	\$10.50	\$21.00	\$2.50/class	
Non-Member:	\$21.00	\$42.00	\$5.00/class	

## Step & Sculpt:

Class offers a mixture of step aerobics and strength training using the stability ball, dumbbells, and resistance bands.

**Class must have a minimum of 8 registered participants.**

	T	6:00-7:00pm		
Session Fees:	Member:	Free		
	Non-Member:	\$21.00	Drop In \$5.00/class	

## Fitness Workout:

Focus is on strength and flexibility. Participants will use equipment such as weights, resistance bands, and stability balls in a safe friendly atmosphere—great for all fitness levels.

**Class must have a minimum of 8 registered participants.**

	M/W/F	8:00-9:00am		
	TH	5:30-6:30pm		
Session Fees:	1 Day/Wk	2 Days/Wk	Drop In	
Member:	Free	Free	Free	
Non-Member:	\$21.00	\$42.00	\$5.00/class	

## Butts & Guts:

This class will focus on toning your hips, thighs, butt and abdomen. Exercises target your entire core and lower body.

**Class must have a minimum of 8 registered participants.**

	W	4:45-5:15pm		
Session Fees:	Member:	Free		
	Non-Member:	\$10.50	Drop In \$2.50/class	

## Zumba®:

Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. **Class must have a minimum of 8 registered participants.**

	T	5:00-6:00pm		
Session Fees:	Member:	\$10.50	Drop In \$2.50/class	
	Non-Member:	\$21.00	Drop In \$5.00/class	

## Fitness Buffet:

This class serves up a full body workout incorporating a variety of equipment. Come ready to try a little bit of everything.

**Class must have a minimum of 8 registered participants**

	M	4:45-5:45pm		
Session Fees:	Member:	Free		
	Non-Member:	\$21.00	Drop In \$5.00/class	

## Chickens of the Sea:

This class is for adults who do not know how to swim or have a fear of the water. The class is taught by an experienced, certified, adult instructor. Skills taught include: floating on front/back; treading water; and basic strokes. **Class must have a minimum of 3 registered participants.**

	T	6:30-7:30pm		
	TH	9:30-10:30am		
Session Fees:	Member:	\$30		
	Non-Member:	\$60		

## Friday Night Freestyle:

This program is designed for swimmer's who want to improve their front crawl stroke while building endurance. Class is taught by certified swim instructor. **Class must have a minimum of 4 registered participants.**

	F	6:00-6:55pm		
Session Fees:	Member:	\$30	Drop In \$5/class	
	Non-Member:	\$60	Drop In &10/class	

## Aqua-Workout:

Equipment such as water noodles, barbells, and aqua-gloves are incorporated to increase balance and strength. One does not need to know how to swim to participate. Water shoes are recommended. **Class must have a minimum of 8 registered participants.**

	M/W/F	8:30-9:30am		
	T/TH	4:15-5:15pm		
	M/W	6:15-7:15pm		
Session Fees:	1 Day/Wk	2 Days/Wk	Drop In	
Member:	\$10.50	\$21.00	\$2.50/class	
Non-Member:	\$21.00	\$42.00	\$5.00/class	

## Deep Water Exercise:

Class is held entirely in the deep end of the pool, providing a very high intensity, low impact workout. Buoyancy belts are available, but a comfort level with deep water is recommended.

**Class must have a minimum of 6 registered participants.**

	T/TH	8:30-9:30am		
	T/TH	6:30-7:30pm		
Session Fees:	1 Day/Wk	2 Days/Wk	Drop In	
Member:	\$10.50	\$21.00	\$2.50/class	
Non-Member:	\$21.00	\$42.00	\$5.00/class	

## Aqua Zumba®

Latin music, Latin moves, and lots of fun. Anyone can participate in this class just be ready to shake, laugh, and work hard! Water shoes are recommended. **Class must have a minimum of 8 registered participants.**

	Sat.	9:00-10:00am		
Session Fees:	Member:	\$10.50	Drop In \$2.50/class	
	Non-Member:	\$21.00	Drop In \$5.00/class	

**Please note a 10 Visit Pass cannot be used to attend group classes.**



# Adult Class Registration Form



Please fill out the registration form below and return it with your payment to:

**Delta College, Attn: Fitness & Rec Center,  
1961 Delta Rd., University Center, MI 48710**

**To receive the member rate, participants must have a FRC Membership that is current till the end of the class session. If the membership will expire during the class session it must be renewed at the time of registration.**

**Name:** \_\_\_\_\_ **Birth Date:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
(Street) (City) (Zip)

**Phone (H)** \_\_\_\_\_ **(W)** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_ **Phone #** \_\_\_\_\_

**Session Dates: Fall I-- Sept. 13 – Oct. 30, 2010 or Fall II-- Nov. 1 – Dec. 18, 2010**  
(No classes on Thursday, Nov. 25<sup>th</sup>)

**Member / Non-Member**  
(please circle which)

**Please select your choice of classes below.**

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Aqua-Workout M 8:30am  | <input type="checkbox"/> Chickens of the Sea TH 9:30am | <input type="checkbox"/> Fitness Workout F 8:00am      |
| <input type="checkbox"/> Aqua-Workout W 8:30am  | <input type="checkbox"/> Chickens of the Sea T 6:30pm  | <input type="checkbox"/> Fitness Workout TH 5:30pm     |
| <input type="checkbox"/> Aqua-Workout F 8:30am  | <input type="checkbox"/> Deep Water Exercise T 8:30am  | <input type="checkbox"/> Friday Night Freestyle 6:00pm |
| <input type="checkbox"/> Aqua-Workout M 6:15pm  | <input type="checkbox"/> Deep Water Exercise TH 8:30am | <input type="checkbox"/> Low Impact Aerobics M 6:00pm  |
| <input type="checkbox"/> Aqua-Workout W 6:15pm  | <input type="checkbox"/> Deep Water Exercise T 6:30pm  | <input type="checkbox"/> Low Impact Aerobics W 6:00pm  |
| <input type="checkbox"/> Aqua-Workout T 4:15pm  | <input type="checkbox"/> Deep Water Exercise TH 6:30pm | <input type="checkbox"/> Step & Sculpt T 6:00pm        |
| <input type="checkbox"/> Aqua-Workout TH 4:15pm | <input type="checkbox"/> Fitness Buffet M 4:45pm       | <input type="checkbox"/> Zumba T 5:00pm                |
| <input type="checkbox"/> Aqua Zumba Sat. 9:00am | <input type="checkbox"/> Fitness Workout M 8:00am      |  |
| <input type="checkbox"/> Butts & Guts W 4:45pm  | <input type="checkbox"/> Fitness Workout W 8:00am      |  |

I desire to voluntarily engage in an exercise program at the Delta College F&RC to improve my physical fitness. I understand medical clearance is recommended before beginning an exercise program. Consultation with my physician to gain clearance to begin a fitness program is my responsibility and highly recommended. I agree to follow all the F&RC's rules and policies. I assume full responsibility for any injuries or damages which may occur to me or my sponsored guests or dependents, in, on, or about the premises of the facility and do hereby fully and forever release and discharge Delta College, the Board of Trustees, and the Fitness & Recreation Center staff, from any and all suits claims, damages, costs and expenses of every kind, in conjunction with the use of the facility and equipment thereof, except that arising out of the sole negligence of Delta College.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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