Interim
CLASS REGISTRATION FORM

Name _________________________________
Check one: □ Student □ Employee/ Other
Phone _________________________________
Email __________________________________
L#_____________________________________

FEES:
Students: $9 per session
Employees: $24 per session

CLASS WILL BE CANCELLED IF MINIMUM
ENROLLMENT IS NOT MET 24 HOURS
BEFORE CLASS STARTS

☐ Yoga Tone (Tues-1/3; 1/10; 1/17)
☐ Body Sculpt (Thu-1/5; 1/12; 1/19)

Total Enclosed: ___________

REGISTER 48 HOURS BEFORE START OF CLASS

Please submit registration at the Reception Desk in the
Kirby Sports Center or mail to 134A Kirby Sports Center.
Make checks payable to “Lafayette College”.
Do not send cash in the mail.

Office Use:
□ Log on Attendance sheet □ Call or email: “you’re registered”

Lafayette College
GroupFIT
Interim Schedule
2017
Jan 3rd—Jan 19th

Body Sculpt
Yoga Tone

SPACE IS LIMITED!
SIGN UP EARLY!

(610) 330-5770
recreation@lafayette.edu

If you require accommodations to access any programs or
services, please contact the
Office of Disability Services at 610-330-5080.
Pre-Registration with payment is REQUIRED.
Please pre-register, classes fill up quickly!
No pro-rated pricing or make-up sessions permitted.
Participants who withdraw prior to the first class will receive a 50% refund or a gift certificate valued at 100% of class fee for use in future.

**BODY SCULPT**
Formatted for all skill levels. A workout focusing on light weights and high reps using various equipment and body weight. Increase your strength and improve your definition while working your muscular endurance.

_Instructor: Karen Haduck_

**YOGA TONE**
Set your tone for your day with an energizing vinyasa yoga flow that will awaken your body through mindful movement and attention to breath. This 50 minute yoga practice in time will leave you with increased flexibility, better body tone, improved posture and a relaxed and clear mind. All levels welcome. Great refreshing way to start your day!

_Instructor: Jackie Squarcia_

**CLASS DESCRIPTIONS**

**TUESDAY**

<table>
<thead>
<tr>
<th>Yoga Tone</th>
<th>7:15 - 8:05AM</th>
<th>Room 136</th>
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**THURSDAY**

<table>
<thead>
<tr>
<th>Body Sculpt</th>
<th>12:05-12:50 PM</th>
<th>Room 136</th>
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**INTERIM:**
January 3rd - January 19th (3 weeks)

Registration DEADLINE—48 hours prior to first class in order for class to run.
(Minimum 7 participants)