CLASS REGISTRATION FORM

Name ____________________________________________
Check one: □ Student □ Employee/Other
Phone ____________________________________________
Email ____________________________________________
L#________________________________________________

Session Cost
4 classes per session
Student: $12  Employee/Other: $32

$UMMER $AVINGS
Register for both sessions of same class and SAVE!
Applies ONLY to Body Sculpt or Yoga
Student: $18  Employee/Other: $48

UNLIMITED PASS
Attend any class all summer
Student: $30  Employee/Other: $80

Cycling □ Session 1  □ Session 1  ONLY
Vinyasa Yoga □ Session 1  □ Session 2
Body Sculpt □ Session 1  □ Session 2
Unlimited □   □ (Any class any session)

Total Enclosed: ___________

Make checks payable to “Lafayette College”.
Do not send cash in the mail.
(cash will be accepted for in person registration only)
Please register at reception desk in Kirby Sports Center or
mail to Room 134A Kirby Sports Center.

Office Use:
□ Log on Attendance sheet   □ Call or email: “you’re registered”
### SESSION 1: June 5th—June 29th (4 weeks)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cycling</strong></td>
<td><strong>Yoga</strong></td>
<td><strong>Body Sculpt</strong></td>
</tr>
<tr>
<td>4:45-5:30PM</td>
<td>12:05—12:50PM</td>
<td>12:05 - 12:50 PM</td>
</tr>
<tr>
<td>Room 138</td>
<td>Room 136</td>
<td>Room 136</td>
</tr>
</tbody>
</table>

### SESSION 2: July 10th—August 3rd (4 weeks)

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Yoga</strong></td>
<td><strong>Body Sculpt</strong></td>
</tr>
<tr>
<td>12:05—12:50PM</td>
<td>12:05 - 12:50 PM</td>
</tr>
<tr>
<td>Room 136</td>
<td>Room 136</td>
</tr>
</tbody>
</table>

---

### CLASS DESCRIPTIONS

**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.

> ~Karen Haduck

**Cycling (session 1 only)**
A fantastic heart-pumping workout. Taught on an indoor cycling bike - you will climb, sprint, and train to incredible music and extraordinary instruction. Not one you want to miss!

> ~ Brittany or August

**Vinyasa Yoga**
Vinyasa Yoga is a fluid and active style of yoga, emphasized by the connection of breath and movement. Expect to experience sun salutations, a range of standing, seated and balanced postures, breath practices and a closing relaxation. Work and sweat through "moving meditation" followed by closing relaxation. All levels are welcome.

> ~ Charity

---

- Please pre-register, classes fill quickly!
- Pre-registration with payment is **REQUIRED**.
- 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 cost for use in the future.

---

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

---

**SESSION 1:** June 5th-June 29th (4 weeks)
Register by June 2nd for Session 1

**SESSION 2:** July 10th-August 3rd (4 weeks)
Register by July 7th for Session 2