



# Gallaudet Workout Spring 2020

Sponsored by Physical Education & Recreation  
&  
Human Resources

**MINIMUM REQUIREMENT FOR A CLASS TO BE OFFERED: 12 Course Registrants**  
**No classes held spring break week March 16-20**



## **BOLLYX** by Arathy

**New Offering!** Cardio-dance-fitness program, cycling between low & high intensity dance sequences

**Tuesdays & Thursdays, Feb. 4 – April 30**

**5 - 6 pm, Location: Racket Ball Court (basement Field House)**

## **WATER AEROBICS** by Tramell

**Mondays & Wednesdays, Feb. 17 – May 4**

**5:15 – 6 pm, Location: Field House pool**



## **BODY SCULPTING** by Vanessa

**Mondays & Wednesdays, Feb. 3 – May 4 OR**

**Tuesdays & Thursdays, Feb. 4 – April 30**

**Noon - 1pm, Location: Field House Dance Studio**



(Turn Page Over)

# Department of Physical Education and Recreation

## Workout Registration and Waiver Form

### Spring 2020

- Payment options:

- ✓ Online: Go to

[https://quikpayasp.com/gallaudet/commerce\\_manager/payer.do?orderType=RecreationalPrograms](https://quikpayasp.com/gallaudet/commerce_manager/payer.do?orderType=RecreationalPrograms)

- ✓ Pay in-person (cash, credit card, or debit card) at the Cashier's Office, College Hall, Basement.

**NOTE: Request Cashier to write on receipt, "Deposited to account 1630-4573"**

- ✓ Once paid, scan completed registration form (below) & proof of payment (issued by cashier's office) and then send to [per.department@gallaudet.edu](mailto:per.department@gallaudet.edu)

#### REGISTRATION:

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Please select your class(es):

BollyX  
T/TH @ 5-6pm  
Feb. 4-April 30

Water Aerobics  
M/W @ 5:15- 6pm  
Feb. 17-May 4

Body Sculpting  
M/W @12-1pm  
Feb. 3-May 4

Body Sculpting  
TTh @ 12-1pm  
Feb. 4-April 30

**Regular full-time Faculty & Staff are eligible for a \$75 incentive/rebate provided by Human Resources Services. MUST attend 90% of each class registered to receive incentive!**

Cost/Class:  \$140 Faculty/Staff  \$100 Student/Alumni  Others: \$190  
 Save \$25 on ANY 2 classes

Payment Amount \$ \_\_\_\_\_: Cash  Credit Card  Debit Card  Online

**DAY PASSES & QUESTIONS?** Having out-of-town guests who might want to join you in exercising? Class entry ticket available for \$10 but must be purchased beforehand. For more information or have a question, contact [leslie.southwell@gallaudet.edu](mailto:leslie.southwell@gallaudet.edu). **REFUND POLICY: NO CREDIT** given after the first week of classes, except when a medical condition prevents continuation of exercise (submit a doctor's statement to [per.department@gallaudet.edu](mailto:per.department@gallaudet.edu)).

#### WAIVER: Please read carefully before signing:

I recognize that participation in physical activities involves risk of injury. I understand that Gallaudet University, the Department of Physical Education & Recreation, and the instructor are not responsible for any accidents or injuries that might result from my participation in the above physical activity. I realize that I should exercise at my own pace and I agree to consult with my physician prior to beginning this exercise program.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Office Use Only:** Online Credit Card Payment  Paid at Cashier's Office: Cash Credit Card Debit Card