

WESLEYAN UNIVERSITY

PHYSICAL EDUCATION DEPARTMENT ADULT FITNESS

REGISTRATION FORM FALL 2007

Name: _____ Extension: _____

Campus Address: _____ E-mail Address: _____

<u>October 1 – November 2</u>			<u>November 5 - December 14</u>		
<input type="checkbox"/>	MTH	Hiking in Wadsworth	<input type="checkbox"/>	MW	Rowing for Fitness
<input type="checkbox"/>	MW	Rowing for Fitness	<input type="checkbox"/>	M	Power Stretch
<input type="checkbox"/>	TTH	Yoga Fitness	<input type="checkbox"/>	TTH	Yoga Fitness
<input type="checkbox"/>	T	Strength on Cybex	<input type="checkbox"/>	T	Hiking in Wadsworth
<input type="checkbox"/>	TF	Pilates	<input type="checkbox"/>	TF	Pilates Mat Class
<input type="checkbox"/>	W	Superset w/step	<input type="checkbox"/>	W	Superset Class
<input type="checkbox"/>	W	Power Stretch	<input type="checkbox"/>	W	Beg Water Aerobics

Monthly Educational Lunch-n-Learn Series will begin in October

Adult Fitness classes cancelled on day of Lunch-n-Learn Series

*Please check off classes you wish to participate in and return to:
Heather Minetti in Physical Education*