

WESLEYAN UNIVERSITY

PHYSICAL EDUCATION DEPARTMENT ADULT FITNESS

REGISTRATION FORM SPRING 2008

Name: _____ Extension: _____

Campus Address: _____ E-mail Address: _____

<p><u>January 28-February 29</u></p> <table><tbody><tr><td><input type="checkbox"/></td><td>T/TH</td><td>Yoga</td></tr><tr><td><input type="checkbox"/></td><td>M/W</td><td>Floor Barre</td></tr><tr><td><input type="checkbox"/></td><td>M</td><td>A,B,Cs/Strength</td></tr><tr><td><input type="checkbox"/></td><td>T/F</td><td>Pilates</td></tr><tr><td><input type="checkbox"/></td><td>T</td><td>Walk/Jog</td></tr><tr><td><input type="checkbox"/></td><td>W</td><td>Superset</td></tr><tr><td><input type="checkbox"/></td><td>W</td><td>Beg Water Aerobics</td></tr><tr><td><input type="checkbox"/></td><td>TH</td><td>Power Stretch</td></tr></tbody></table>	<input type="checkbox"/>	T/TH	Yoga	<input type="checkbox"/>	M/W	Floor Barre	<input type="checkbox"/>	M	A,B,Cs/Strength	<input type="checkbox"/>	T/F	Pilates	<input type="checkbox"/>	T	Walk/Jog	<input type="checkbox"/>	W	Superset	<input type="checkbox"/>	W	Beg Water Aerobics	<input type="checkbox"/>	TH	Power Stretch	<p><u>March 3-April 3</u></p> <table><tbody><tr><td><input type="checkbox"/></td><td>T/TH</td><td>Yoga</td></tr><tr><td><input type="checkbox"/></td><td>T/TH</td><td>Brisk Walk</td></tr><tr><td><input type="checkbox"/></td><td>M/W</td><td>Move & Stretch It</td></tr><tr><td><input type="checkbox"/></td><td>T/F</td><td>Pilates</td></tr><tr><td><input type="checkbox"/></td><td>M</td><td>Power Stretch</td></tr><tr><td><input type="checkbox"/></td><td>W</td><td>Chisel Class</td></tr><tr><td><input type="checkbox"/></td><td>W</td><td>Hills & Stairs</td></tr></tbody></table>	<input type="checkbox"/>	T/TH	Yoga	<input type="checkbox"/>	T/TH	Brisk Walk	<input type="checkbox"/>	M/W	Move & Stretch It	<input type="checkbox"/>	T/F	Pilates	<input type="checkbox"/>	M	Power Stretch	<input type="checkbox"/>	W	Chisel Class	<input type="checkbox"/>	W	Hills & Stairs
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<p><u>April 7-May 2</u></p> <table><tbody><tr><td><input type="checkbox"/></td><td>T/TH</td><td>Hiking</td></tr><tr><td><input type="checkbox"/></td><td>T/F</td><td>Pilates</td></tr><tr><td><input type="checkbox"/></td><td>M</td><td>Power Stretch</td></tr><tr><td><input type="checkbox"/></td><td>M/W</td><td>Mini-Modern</td></tr><tr><td><input type="checkbox"/></td><td>T/TH</td><td>Yoga</td></tr><tr><td><input type="checkbox"/></td><td>W</td><td>A,B,Cs/Strength</td></tr></tbody></table>	<input type="checkbox"/>	T/TH	Hiking	<input type="checkbox"/>	T/F	Pilates	<input type="checkbox"/>	M	Power Stretch	<input type="checkbox"/>	M/W	Mini-Modern	<input type="checkbox"/>	T/TH	Yoga	<input type="checkbox"/>	W	A,B,Cs/Strength	<p><u>May 5-May 23</u></p> <table><tbody><tr><td><input type="checkbox"/></td><td>M/W</td><td>Stretching</td></tr><tr><td><input type="checkbox"/></td><td>T/TH</td><td>Fitness Walk</td></tr></tbody></table>	<input type="checkbox"/>	M/W	Stretching	<input type="checkbox"/>	T/TH	Fitness Walk																					
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Monthly Educational Lunch-n-Learn Series will begin in January

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*