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
  - 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

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. **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).

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