

# REGISTRATION FORM

Join adults of all ages in the personal development courses sponsored by the Wellness Institute. These non-credit programs are offered to broaden your horizons through education. Whether you wish to become better informed, enhance your performance, or alter your lifestyle, we have a program that will interest you. We invite you to participate in this learning adventure.

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

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_

Eve Phone: \_\_\_\_\_

Check here if you are a Muhlenberg College employee (\$10 registration fee for each college employee and spouse per academic year).

COURSES

Title	Fee
_____	_____
_____	_____
_____	_____
TOTAL: _____	

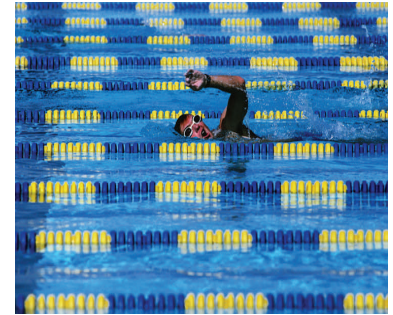
- Make checks payable to Muhlenberg College
- Mail check and registration to:

Linda Andrews  
Muhlenberg College  
2400 Chew Street  
Allentown, PA 18104

Phone: 484-664-3381  
E-mail: landrews@muhlenberg.edu



# Wellness Institute



**FALL 2009**

**Muhlenberg  
College**

# The Wellness Institute

## SWIM FITNESS

This offering is designed to teach fitness through various levels of training via lap swimming. The program is structured to accommodate beginners as well as advanced swimmers. Participants 45 years of age or older and those with known heart disease must obtain medical clearance.

- Mondays 6:00-7:00PM
- Dates: October 5—December 7
- Location: Life Sports Center (Alumni Pool)
- Cost: \$60
- Instructor: Linda Andrews

## AQUACISE

This aqua aerobics program is designed for gentle exercise without unnecessary stress on the joints. Have fun and feel great. Participants 45 years of age and older and those with known heart disease must obtain medical clearance.

- Wednesdays: 6:00-7:00PM
- Dates: September 23-December 15  
(No class November 25)
- Location: Alumni Pool
- Cost: \$70
- Instructor: Richard Snyder

## ZUMBA

TBA

## HATHA YOGA

Participants will be practicing traditional yoga. The class will entail philosophy, breathing, stretching, a final relaxation, and meditation. The class is progressive and no experience is necessary. Bring a towel, mat, water bottle, and an open mind.

- Wednesdays 12:00-1:00PM
- Dates: September 23-December 15 (no class November 25)
- Location: Life Sports Center (wrestling room)
- Cost: \$70
- Instructor: Christi Rutkowski



This course is gentle hatha yoga encouraging healthy alignment, awareness and breath. It is open to all ages and skill levels.

- Tuesdays 5:00-6:00PM
- Dates: September 22-December 8
- Location: Chapel
- Cost: \$70.00
- Instructor: Susan Creitz

## INFORMED CONSENT

I desire to engage voluntarily in the activity program provided by the Wellness Institute of Muhlenberg College.

The program to be provided by the Wellness Institute has been described to me in detail and I am familiar with the demands inherent in this program. I am aware that the programs can be strenuous and there is an inherent risk of injury. As an inducement to my enrollment, I certify to Muhlenberg College that I have spoken to my personal physician and I am not aware that I have any physical condition that would prevent me from participating in this program.

In consideration of the efforts put forth by Muhlenberg College to provide me the opportunity to participate in this program, I hereby release and discharge and agree to indemnify, defend, and save harmless Muhlenberg College, its officers, agents, program director, employees and others connected therewith, from all claims, demands, damages (including costs and legal fees), and liability whatsoever incurred by them or that I or my legal representatives have or may have against any of them arising from my participation.

I have read the foregoing and understand it. Any questions that have arisen or occurred to me have been answered to my satisfaction.

I have executed this informed consent intending to be legally bound.

Participant Name:

\_\_\_\_\_

Address:

\_\_\_\_\_

Participant Signature:

\_\_\_\_\_

Date:

\_\_\_\_\_