

Fitness Class Registration Form

Name _____ ID _____

Phone _____ Email _____

All Recreation participants are required to complete the Recreation Waiver in Work Day. Visit <https://get-connected.fnal.gov/recreation> to find instructions under "Forms and Instructions" section. Completed registration forms should be emailed to RecreationAndCommunityEngagement@fnal.gov

HONEST ABS (HYBRID: In Person & Zoom) (Mondays & Wednesdays: 12:00pm-12:30pm)

This 30-minute class focuses on sculpting the abs, glutes, hips and legs. Participants will learn a variety of exercises designed to increase overall core strength, improve definition, and strengthen the lower back area.

October 10 - December 7, 2022 (No class 10/19/22, 12/5/22 and a Monday tba) \$50.00

VIRTUAL MUSCLE TONING ZOOM (Tuesdays & Thursdays, 5-6pm)

This class meets for a fun and effective workout, designed for all fitness levels. It can build endurance and strong muscles, speed up metabolism and improve balance and flexibility. This enables better performance in most sports, and most importantly, everyday activities.

August 23 - October 27, 2022 (Full Session, 20 classes) \$110.00

August 23 - October 27, 2022 (Half Session, any 10 classes) \$55.00

VIRTUAL VINYASA FLOW YOGA ZOOM (Thursdays: 12:00-12:45pm)

Flow, Breathe and Go. Movement with mindfulness and meditation. Whether you are a beginner yogi or a seasoned yogi, this class is for you! Basic foundations of yoga are taught with options to advance your practice to meet what your body is craving.

This class is currently not running. Stay tuned. \$70.00

If you prefer to have your credit card info taken over the phone, please provide a phone number above that you can be reached at.

I authorize Fermilab to charge my card (signature) _____

CREDIT CARD NUMBER _____ EXPIRATION _____ CVV _____

BILLING ADDRESS HOUSE NUMBER _____ BILLING ZIP CODE _____