

Spring/Summer 2008 Exercise & Relaxation Class Registration

May 1 - August 13, 2008

Instructions:

1. You must first read the exercise class policies at www.med.umich.edu/mfit/employee/policies.htm before sending in any registration. **You are responsible for knowing and understanding these policies.**
2. Check the box next to each class for which you wish to register
3. Fill out the contact, demographics and payment information
4. Send **all** registration pages and payment one of the following ways[‡]:
 - a. **In Person**
Register in person at the Health & Wellness Resource Center (2C223 UH), the MFit Fitness Center at the Ice Cube, 2121 Oak Valley Drive, or 2850 S. Industrial, Suite 600.
(Credit Card, Check [made to the University of Michigan] & payroll deduction [UM employees] accepted.)
 - b. **U.S. Mail**
MFit
Exercise & Relaxation Classes
2850 S. Industrial, Suite 600
Ann Arbor, MI 48104-7100
(Credit Card, Check [made to the University of Michigan] & payroll deduction [UM employees] accepted)
 - c. **Campus Mail**
MFit
Exercise & Relaxation Classes
2850 S. Industrial, Suite 600
SPC 6773
(Credit Card, Check [made to the University of Michigan] & payroll deduction [UM employees] accepted)
 - d. **Fax**
975-3012 (dial all 7 digits)
(credit card or payroll deduction [UM employees] only)
 - e. **Register By Phone**
975-3024 (dial all 7 digits)
(credit card only)
5. If you have any questions call 975-3024 (dial all 7 digits)

Due to Memorial Day and the 4th of July, Monday and Friday classes will only be 14 weeks.

[‡] Make sure the entire registration form is filled out. Incomplete forms will NOT be processed. You are not registered for a class until we receive payment.

Spring/Summer 2008 Exercise & Relaxation Class Registration

| Class | Day | Time | Location | Fee |
|-------|-----|------|----------|-----|
|-------|-----|------|----------|-----|

Zumba (110)

Zumba is a dance fitness class based on Latin dance and using international rhythms. It's a party you won't want to miss!! So leave your inhibitions at the door and come have some fun with a great work out! Proper footwear is required (sneakers, etc.) *Sections 01 & 06 are 12 weeks only.

| | | | | | |
|--------------------------|--------|-----------|------------------|------------------------------|-------|
| Canceled | 110/01 | Saturday | 8:00 - 9:00 am | CUBE | \$45* |
| <input type="checkbox"/> | 110/02 | Monday | 6:20 - 7:20 pm | UH - 9th floor psych gym | \$55 |
| <input type="checkbox"/> | 110/03 | Wednesday | 6:20 - 7:20 pm | UH - 9th floor psych gym | \$60 |
| <input type="checkbox"/> | 110/04 | Tuesday | 5:10 - 5:55 pm | Student Theater Arts Complex | \$45 |
| Full | 110/05 | Monday | 6:20 - 7:05 pm | CUBE | \$42 |
| <input type="checkbox"/> | 110/06 | Friday | 12:00 - 12:45 pm | UH | \$36* |
| Canceled | 110/07 | Tuesday | 6:30 - 7:15 am | CUBE | \$45 |
| Canceled | 110/08 | Thursday | 6:30 - 7:15 am | CUBE | \$45 |
| Canceled | 110/09 | Monday | 6:45 - 7:45 pm | Briarwood Buiding 5 | \$55 |

Laughter Yoga (115)

Laughter Yoga combines the benefits of laughter and yoga breathing. Laughter is relaxing, reduces stress, great for the lungs and heart, and increases feelings of joy and wellness. *Mini sessions May 28th - July 28.

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|--------------------------|--------|-----------|------------------|------------------------------|-------|
| <input type="checkbox"/> | 115/01 | Thursday | 12:00 - 12:30 pm | UH - class room | \$25* |
| <input type="checkbox"/> | 115/02 | Thursday | 7:00 - 7:30 am | UH - class room | \$25* |
| <input type="checkbox"/> | 115/03 | Wednesday | 11:30 - 12:00 pm | Student Theater Arts Complex | \$25* |

Abs & Back (120)

A mix of stretching and strengthening exercises that target the back, abdominals and buttocks to reduce stress on the spine, improve muscular balance and definition, and increase flexibility. *14 weeks only

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|--------------------------|--------|-----------|------------------|--------------------------|-------|
| <input type="checkbox"/> | 120/01 | Monday | 11:00 - 11:45 am | UH - 9th floor psych gym | \$42 |
| <input type="checkbox"/> | 120/02 | Wednesday | 11:00 - 11:45 am | KMS - Conference Room 5 | \$42* |
| <input type="checkbox"/> | 120/03 | Tuesday | 5:15 - 6:00 pm | Upjohn - 2nd floor lobby | \$45 |

Body Sculpting (130)

Increase your strength, endurance, and metabolic rate using elastic resistance tubing and small hand weights. Dynaband provided; bring your own hand weights. *Section 13 is an 8-week class starting June 17.

| | | | | | |
|--------------------------|--------|-----------|------------------|----------------------------|------|
| <input type="checkbox"/> | 130/01 | Monday | 12:00 - 12:45 pm | UH - 9th floor psych gym | \$42 |
| Full | 130/02 | Monday | 4:25 - 5:10 pm | UH - class room (TBD) | \$42 |
| Full | 130/03 | Wednesday | 4:25 - 5:10 pm | UH - class room (TBD) | \$45 |
| <input type="checkbox"/> | 130/04 | Friday | 4:25 - 5:10 pm | UH - 9th floor psych gym | \$42 |
| Full | 130/05 | Tuesday | 12:00 - 12:45 pm | KMS - conference room 5 | \$45 |
| <input type="checkbox"/> | 130/06 | Tuesday | 12:00 - 12:45 pm | HFS - conference rooms 1-2 | \$45 |

Body Sculpting continued on page 3

| Class | Day | Time | Location | Fee |
|---------------------------------|-----------|------------------|----------------------------|-------|
| Body Sculpting continued | | | | |
| <input type="checkbox"/> 130/07 | Thursday | 12:00 - 12:45 pm | HFS - conference rooms 1-2 | \$45 |
| canceled 130/08 | Monday | 5:10 - 5:55 pm | HFS - conference rooms 1-2 | \$42 |
| <input type="checkbox"/> 130/09 | Wednesday | 5:10 - 5:55 pm | NIB Cafe | \$45 |
| <input type="checkbox"/> 130/10 | Tuesday | 12:00 - 12:45 pm | UH - 9th floor psych gym | \$45 |
| <input type="checkbox"/> 130/11 | Monday | 5:15 - 6:00 pm | UH - classroom (TBD) | \$42 |
| <input type="checkbox"/> 130/12 | Wednesday | 5:15 - 6:00 pm | UH - classroom (TBD) | \$45 |
| <input type="checkbox"/> 130/13 | Tuesday | 5:10 - 5:55 pm | Wolverine Tower | \$25* |

Sculpt, Stretch and Strengthen (135)

The class will include working with free weights, barre and floor exercises, to tone and strengthen muscles, with added emphasis on working core muscles through basic Pilates exercises. Also included will be a longer stretching section to lengthen muscles and for relaxation.

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|--------------------|----------|-----------------|------------------------|------|
| Full 135/01 | Saturday | 9:00 - 10:00 am | CUBE - aerobics studio | \$60 |
|--------------------|----------|-----------------|------------------------|------|

Circuit Training (140)

If you are looking for variety, look no further! This class will combine strength conditioning and cardiovascular exercises in a fun circuit format. Equipment will be provided.

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|------------------------|-----------|------------------|--------------------------|------|
| Full 140/01 | Wednesday | 12:00 - 12:45 pm | UH - 9th floor psych gym | \$45 |
| Canceled 140/02 | Monday | 12:00 - 12:45 pm | KMS - conf. rm 5 | \$42 |

Step Aerobics (150)

MFit's version of this popular activity. A one hour cardio-vascular workout set to music using steps. Steps provided.

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|---------------------------------|-----------|----------------|--------------------------|------|
| <input type="checkbox"/> 150/01 | Monday | 5:15 - 6:15 pm | UH - 9th floor psych gym | \$55 |
| <input type="checkbox"/> 150/02 | Wednesday | 5:15 - 6:15 pm | UH - 9th floor psych gym | \$60 |

Nia (160)

Nia addresses the whole person, using a comprehensive, holistic exercise approach designed with a combination of nine classic movement forms. Nia blends Martial Arts, Dance Arts and Healing Arts. Nia is done barefoot to music and delivers cardiovascular and whole-body conditioning

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|---------------------------------|----------|----------------|------------------------------|------|
| <input type="checkbox"/> 160/01 | Thursday | 4:45 - 5:45 pm | Student Theater Arts Complex | \$60 |
|---------------------------------|----------|----------------|------------------------------|------|

Kickboxing (170)

Cardio Kickboxing is a fun, fast-paced class that uses kickboxing moves to get a great cardio workout! No actual striking of bags, etc., is included.

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|--------------------|----------|----------------|--------------------------|------|
| Full 170/01 | Thursday | 5:40 - 6:40 pm | UH - 9th floor psych gym | \$60 |
|--------------------|----------|----------------|--------------------------|------|

Cardio Sculpt (180)

A lively, balanced and effective workout that includes 40 minutes of high-energy, low-impact floor or step aerobics, and step pump, followed by Body Sculpt.

| | | | | |
|---------------------------------|--------|-----------------|------------------------|------|
| <input type="checkbox"/> 180/01 | Monday | 9:15 - 10:15 am | CUBE - aerobics studio | \$56 |
| <input type="checkbox"/> 180/02 | Sunday | 9:15 - 10:15 am | CUBE - aerobics studio | \$60 |

| Class | Day | Time | Location | Fee |
|-------|-----|------|----------|-----|
|-------|-----|------|----------|-----|

Cardio Floor, Core & Flexibility (182)

A well-paced blend of low-impact cardio, standing and mat abdominal conditioning, and stretch and relaxation techniques makes this an ideal exercise class for all fitness levels.

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|---------------------------------|--------|-----------------|------------------------|------|
| <input type="checkbox"/> 182/01 | Friday | 9:15 - 10:15 am | CUBE - aerobics studio | \$52 |
|---------------------------------|--------|-----------------|------------------------|------|

Cardio Interval (185)

Alternating between easy-to-follow step aerobic patterns & Body Sculpt for continuous calorie-burning.

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|---------------------------------|----------|----------------|------------------------|------|
| <input type="checkbox"/> 185/01 | Tuesday | 6:15 - 7:15 pm | CUBE - aerobics studio | \$60 |
| <input type="checkbox"/> 185/02 | Thursday | 6:15 - 7:15 pm | CUBE - aerobics studio | \$60 |

Spinning (190) - (No UMHS discounts)

In conjunction with Bodies in Balance at the Bodies in Balance Studio, 211 E. Ann St. Spinning is a cardio-vascular workout on specially designed stationery bikes. A certified instructor uses music, imagery, and technique in the 45 min. class to motivate and train students. All levels and abilities train together, using heart rate monitors so that each student is working in the optimum intensity for his/her goals.

| | | | | |
|---------------------------------|-----------|----------------|----------------|------|
| <input type="checkbox"/> 190/01 | Monday | 5:45 - 6:30 pm | 211 E. Ann St. | \$90 |
| <input type="checkbox"/> 190/02 | Wednesday | 5:30 - 6:15 pm | 211 E. Ann St. | \$90 |

Yoga (200)

Yoga gives a full-body workout, targeting all major areas of stress by using fluid poses. This style of yoga improves peace of mind, flexibility, and balance. Class ends with a long, beautiful progressive relaxation, some deep breathing and a guided meditation. Beginners and experienced students welcome. All participants should bring a yoga mat or towel.

| | | | | |
|---------------------------------|----------|----------------|--------------------------|------|
| Full 200/01 | Tuesday | 4:30 - 5:30 pm | UH - class room (TBD) | \$80 |
| Full 200/02 | Thursday | 4:30 - 5:30 pm | UH - class room (TBD) | \$80 |
| Full 200/03 | Tuesday | 5:30 - 6:15 pm | Turner - Activity Room | \$70 |
| Canceled 200/04 | Tuesday | 7:00 - 7:45 am | CVC - 3rd floor lobby | \$70 |
| <input type="checkbox"/> 200/06 | Friday | 5:15 - 6:00 pm | Upjohn - 2nd floor lobby | \$70 |

Power Yoga (205)

A form of yoga with an accelerated succession of yoga postures that incorporates strength, flexibility, balance, and breathing technique. It includes many postures that develop upper body and core strength. All participants should bring a towel or yoga mat. **13 weeks only*

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|---------------------------------|-----------|------------------|------------------------------|-------|
| <input type="checkbox"/> 205/01 | Wednesday | 12:00 - 12:45 pm | Student Theater Arts Complex | \$60* |
|---------------------------------|-----------|------------------|------------------------------|-------|

T'ai Chi (210)

Practice this ancient martial art to help manage stress and improve relaxation response. T'ai Chi enhances one's balance, coordination, physical prowess, and general sense of well-being.^s

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|---------------------------------|----------|----------------|-------------------------|-------------------------|
| Canceled 210/01 | Thursday | 5:30 - 6:15 pm | NIB - Nurses Auditorium | \$70 |
| <input type="checkbox"/> 210/02 | Tuesday | 7:15 - 8:30 pm | Peaceful Dragon School | See page 6 ^s |
| <input type="checkbox"/> 210/03 | Thursday | 7:15 - 8:30 pm | Peaceful Dragon School | See page 6 ^s |
| <input type="checkbox"/> 210/04 | Thursday | 5:00 - 5:45 pm | NCAC | \$70 |

| Class | Day | Time | Location | Fee |
|-------|-----|------|----------|-----|
|-------|-----|------|----------|-----|

Pilates Beg/Interm. (220/225)

Pilates is a mind-body exercise with emphasis on core strength to improve movement quality, posture, and breathing. It's an effective way to shape up, slim down, and feel great. All participants should bring a towel or yoga mat. *Section 220/04 is a mini section starting June 19.

Beginning Pilates (220)

| | | | | |
|---------------------------------|----------|------------------|------------------------------|-------|
| <input type="checkbox"/> 220/01 | Tuesday | 5:35 - 6:20 pm | UH - 9th floor psych gym | \$70 |
| Canceled 220/02 | Tuesday | 4:25 - 5:10 pm | Student Theater Arts Complex | \$70 |
| <input type="checkbox"/> 220/03 | Monday | 4:45 - 5:45 pm | Student Theater Arts Complex | \$70 |
| <input type="checkbox"/> 220/04 | Thursday | 12:00 - 12:45 pm | Wolverine Tower | \$35* |

Advanced Beginner Pilates (225) - You must have taken a pilates class before in order to take an adv. beg. class - **Ends 7/28/08**

| | | | | |
|---------------------------------|--------|----------------|------|------|
| <input type="checkbox"/> 225/01 | Monday | 7:30 - 8:30 am | CUBE | \$65 |
|---------------------------------|--------|----------------|------|------|

Yogilates (230)

Yogilates is a blend of Pilates & Yoga. Core strength is concentrated on through the class. You must have had Yoga and/or Pilates within the past 2 years in order to take this Intermediate class. Participants should bring a towel or yoga mat.

| | | | | |
|--------------------|----------|------------------|--|------|
| Full 230/01 | Monday | 12:00 - 12:45 pm | NIB - 10 th fl. conference room | \$65 |
| Full 230/02 | Thursday | 12:00 - 12:45 pm | NIB - 10 th fl. conference room | \$70 |
| Full 230/03 | Tuesday | 4:00 - 4:45 pm | KMS | \$70 |

Body Sculpting - Stability Ball (240)

Strengthen, tone, and stretch your entire body with stability balls and free-weights. Exercises will provide core stabilization & improvements in posture, balance & flexibility. Bring hand weights to class. ***Sec. 01 & 02 start 5/8/08.**

| | | | | |
|------------------------|-----------|------------------|--------------------------|------|
| Full 240/01* | Thursday | 11:00 - 11:45 am | UH - 9th floor psych gym | \$42 |
| Full 240/02* | Thursday | 12:00 - 12:45 pm | UH - 9th floor psych gym | \$42 |
| Full 240/03 | Wednesday | 9:15 - 10:15 am | CUBE - aerobics studio | \$60 |
| Canceled 240/04 | Thursday | 12:15 - 1:00 pm | School of Social Work | \$50 |

Belly Dancing (250)

Belly dance is a fun and beautiful low impact exercise. In this class you will build grace, strength and flexibility with an emphasis on working the core muscles. Good posture and basic steps will be covered. All ages and fitness levels welcome. Proper footwear is required (dance/ballet shoes, etc.). **Mini Session starting June 18.***

| | | | | |
|---------------------------------|-----------|----------------|------|-------|
| <input type="checkbox"/> 250/01 | Wednesday | 5:10 - 5:55 pm | WoTo | \$35* |
|---------------------------------|-----------|----------------|------|-------|

Chi Kung (260)

Chi Kung (Qigong) is a Chinese style of Yoga that focuses on stretching as well as the use of imagery and movement. In this class, the Wild Goose Chi Kung Form, a series of 56 movements, will be the focal learning tool as students learn to sense their own energy/chi and its intricate connection with nature.[§]

| | | | | |
|---------------------------------|---------|----------------|------------------------|-------------------------|
| <input type="checkbox"/> 260/01 | Tuesday | 6:00 - 7:15 pm | Peaceful Dragon School | See page 6 [§] |
|---------------------------------|---------|----------------|------------------------|-------------------------|

Peaceful Dragon School Open Practice (265)

Open to Peaceful Dragon School Students

| | | | | |
|---------------------------------|----------|---------------|------------------------|-------------------------|
| <input type="checkbox"/> 265/01 | Saturday | 10:00 - 11:00 | Peaceful Dragon School | See page 6 [§] |
|---------------------------------|----------|---------------|------------------------|-------------------------|

15 Visit Punch Card - \$50 - (Cannot be used for spinning classes)

If your schedule varies, or you want to participate in several different classes, buy a 15-Visit Punch Card. It is good for any 100 level classes, at any MFit location. Present the card to the instructor just before class starts, sign-in, and join the class. Cards are valid for 6 months from the date of purchase. No discounts on Punch Cards. Class size is limited, so it isn't always possible to accommodate Punch Card holders if the class is filled with registered participants.

Exercise Equipment

Resistance Band**

Light Medium Heavy Very Heavy \$10 each

Resistance Loop**

Light Medium Heavy \$10 each

§Peaceful Dragon School - Tai Chi & Chi Kung

For \$150 when you sign up for either Tai Chi or Chi Kung (210/02 or 260/01) you can attend other Peaceful Dragon classes each week. You have 2 options:

| Option 1 - \$170* | Option 2 - \$170* |
|--|--|
| Tai Chi Tuesdays - 7:15 - 8:30pm | Chi Kung Tuesdays - 6:00 - 7:15pm |
| <i>And/or</i> | <i>And</i> |
| Tai Chi Thursdays - 7:15 - 8:30pm | Open Practice Saturdays - 10:00 - 11:00am |
| <i>And optional</i> | |
| Open Practice Saturdays - 10:00 - 11:00am | |

To register for **OPTION 1** sign up for **T'ai Chi 210/02**.

To register for **OPTION 2** sign up for **Chi Kung 260/01**.

***\$20 discount if you sign up through MFit.**

Due to Memorial Day and the 4th of July, Monday and Friday classes will only be 14 weeks.

You must complete the entire page.

Contact Information:

Name: _____ Male Female Birthdate: _____

Home Address: _____

City: _____ Zip: _____

Daytime Phone: _____

Department (UM employees): _____

Room/Bldg./Box (UM employees): _____

Email: _____

Office use only

Demographics:

Married Divorced Single Widowed Committed Relationship

Education:

Grade School or less Some High School High School Grad

Some College/Vocational College Grad Post Grad/Prof

Ethnicity:

African-American Asian/Pacific Islander Native American/Alaskan

Hispanic/Latino Caucasian

Multi-racial (please specify) _____

Race not included above (please specify) _____

Job Category (UMHS employees):

Prof/Admin Nurse Allied Health Prof/Admin Service/Maintenance

Faculty Office Allied Health Technical Technical

House Officer Nurse Admin MI Assoc. of Police Operating Engin/Trades

How did you hear about our classes? _____

Payment Type & Amount:

Visa Master Card Discover Check* (payable to University of Michigan)

Card # _____ Exp. Date: _____

Payroll Deduction (UM employees only) 1 deduction 2 deductions (must be over \$100)

UMID: _____ Signature: _____

Print Name: _____ Email: _____

Exercise Class Subtotal: _____

- UMHS Employee Discount (\$10 per class): _____

Subtotal: _____

Exercise Equipment Subtotal: _____

Total: _____

Send in all pages of this registration form according to the directions on page 1

*Sorry, we are unable to accept starter checks.

Spring/Summer Exercise and Relaxation Class Registration

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