

FALL SEMESTER
SEPTEMBER 3 – DECEMBER 13
CLASS REGISTRATION

Employee & WVU HSC Student Registration:

Date: ____/____/____ Employer: ☐WVU Medicine ☐WVU Downtown or Evansdale Campus ☐WVU HSC Campus
☐WVU HSC Student (list school): _____

Name: _____ DOB or Last 4 of SSN#: _____

Department: _____ Dept. Phone: _____

Email: _____ (for class notifications)

Employees & WVU HSC Students – Please answer the following two questions to obtain Wellness Points:

1) Do you exercise at least 150 minutes per week? ☐Yes ☐No 2) Do you avoid all forms of tobacco? ☐Yes ☐No

Yoga Classes in the Wellness Studio (HSC South Room G278)		
Class:	Day:	Time:
<input type="checkbox"/> Pilates	Mondays & Fridays	12:00 - 1:00 pm
<input type="checkbox"/> Mindful Flow Yoga	Tuesdays	12:00 - 1:00 pm
<input type="checkbox"/> Restorative Yoga	Wednesdays	12:00 - 1:00 pm
<input type="checkbox"/> Yoga for Inner Balance	Thursdays	12:00 - 1:00 pm
<input type="checkbox"/> Gentle Yoga After Work	Tuesdays & Thursdays	5:15 - 6:15 pm
Cardio Classes in the Wellness Studio (HSC South Room G278)		
<input type="checkbox"/> Boomerise	Mondays & Wednesdays	5:15 - 6:15 pm
<input type="checkbox"/> Step Fit	Tuesdays	4:00 - 5:00 pm
<input type="checkbox"/> KBA: Kickboxing Aerobics	Thursdays	4:00 - 5:00 pm
Chestnut Ridge Center Gymnasium		
<input type="checkbox"/> Zumba	Mondays, Tuesdays & Thursdays	6 - 7:00 pm (M) / 5:15 - 6:15 pm (T & Th)
University Town Centre (1st Floor Conf Room 1 A&B)		
<input type="checkbox"/> Early Morning Yoga	Fridays	7:00 - 7:45 am
CLASS FEES: Employees & WVU Students: 25 Wellness Pts / Spouse and Dependents: \$25 / Community Members: \$50 - Please make all checks payable to: "WVU HOSPITALS" or "WVUH"		

Spouse/Dependent: (please indicate your class selection above)

Date: ____/____/____ Spouse/Dependent Name: _____ DOB: ____/____/____

I am a ☐Spouse ☐Dependent of the following employee: _____

Email: _____ (for class notifications)

***Waiver:** By clicking the submit button, I recognize that The Wellness Center on the Health Sciences Campus is a voluntary program available to me as an employee. I understand that these are voluntary programs which may involve strenuous physical activity. I further recognize that any injuries that I may sustain **are not** the responsibility of The Wellness Center, WVU Medicine, University Health Associates, WVU at the Health Sciences Campus (WVU@HSC) or WVU Downtown or Evansdale Campus or WVU if I am a student. The Wellness Center is not part of any of my job/class responsibilities & I understand that any injury I may experience is not a job or school related injury and I assume the risk for any injury while participating in this program.