

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)
<input type="checkbox"/> Volleyball / <input type="checkbox"/> Basketball	Tuesdays	6:30 - 8:00 pm / 8:00 - 9:30 pm
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.