

USA Department of Campus Recreation -- South Fit
Ready to Change- Weight Loss Program
Fall 2009 Registration Form

Name:

Campus Address:

Campus Phone:

Other Phone:

Email Address:

Session (Choose one): *Oct 6—29 *Nov 3—Dec 1

Method of Payment: Cash Check #

J# : _____ (our programs are only open to USA students, faculty, staff, and any others with a current Rec Center pass)

We accept cash and checks only. Make checks payable to "USA" for \$20. Payment must be received at time of registration.

You will receive a discount on fitness assessments & personal training sessions as a thank-you for participating in our program.

TEAR OFF BOTTOM PORTION

Return top portion & payment to Student Recreation Center. You may drop it off, or mail to Sarah Rentz, USA Student Rec Center, Mobile, AL 36688.

This portion serves as your receipt!

Class meets Tuesday evenings from 6-7 PM in the Student Recreation Center.
Optional walking group meets on Wednesday & Thursday evenings from 5:30 to 6 PM. Please be ON TIME to each session. Four classes and eight walks total.

Checks will be deposited the first day of the course. There are NO REFUNDS unless the course is cancelled by the instructor. Session cannot be made up.

Questions? Please email Prathima Kannan, pk801@jaguar1.usouthal.edu or call 610-0458.