Join adults of all ages in the personal development courses sponsored by the Wellness Institute. These non-credit programs are offered to broaden your horizons through education. Whether you wish to become better informed, enhance your performance, or alter your lifestyle, we have a program that will interest you. We invite you to participate in this learning adventure.

**REGISTRATION FORM**

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Check here if you are a Muhlenberg College employee ($10 registration fee for each college employee and spouse per semester).

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- Make checks payable to Muhlenberg College
- Mail check and registration to:

Linda Andrews  
Muhlenberg College  
2400 Chew Street  
Allentown, PA 18104

Phone: 484-664-3381  
E-mail: landrews@muhlenberg.edu
**The Wellness Institute**

**SWIM FITNESS**
For College Employees and the General Public

This offering is designed to teach fitness through various levels of training via lap swimming. The program is structured to accommodate beginners as well as advanced swimmers. Participants 45 years of age or older and those with known heart disease must obtain medical clearance.

- Mondays 6:00-7:00 PM
- Dates: February 2– May 4 (No Class March 2 or April 6)
- Location: Life Sports Center (Alumni Pool)
- Cost: $70
- Instructor: Linda Andrews

**ZUMBA**
For College Employees and Students

- Sundays—7:00—8:00 PM
- Weekdays—12:10—12:40—days will vary so please check the health center website
- Instructor: Kelly Powell

**TONING**
For College Employees and Students

- Weekdays—12:10—12:40—days will vary so please check the health center website
- Build and tone all major muscle groups in a 30 minute workout
- Instructor: Alexa Keckler

**INDOOR CYCLING**
For College Employees and Students

- Weekdays—12:10—12:40—days will vary so please check the health center website
- Bring a bottle of water and a towel to class
- Instructor: Alexa Keckler

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**INFORMED CONSENT**

I desire to engage voluntarily in the activity program provided by the Wellness Institute of Muhlenberg College.

The program to be provided by the Wellness Institute has been described to me in detail and I am familiar with the demands inherent in this program. I am aware that the programs can be strenuous and there is an inherent risk of injury. As an inducement to my enrollment, I certify to Muhlenberg College that I have spoken to my personal physician and I am not aware that I have any physical condition that would prevent me from participating in this program.

In consideration of the efforts put forth by Muhlenberg College to provide me the opportunity to participate in this program, I hereby release and discharge and agree to indemnify, defend, and save harmless Muhlenberg College, its officers, agents, program director, employees and others connected therewith, from all claims, demands, damages (including costs and legal fees), and liability whatsoever incurred by them or that I or my legal representatives have or may have against any of them arising from my participation.

I have read the foregoing and understand it. Any questions that have arisen or occurred to me have been answered to my satisfaction.

I have executed this informed consent intending to be legally bound.

Participant Name: ______________________________________

Address: _____________________________________________

Participant Signature: __________________________________

Date: ________________________________________________