

WellFit Lifetime Wellness Program
Membership Agreement
Fall 2004-Spring 2005

Fall 04 Dates:

August 30, 2004 through December 20, 2004 (16 weeks)

Holidays: Labor Day- September 6, 2004
Thanksgiving- November 25 and 26, 2004

Spring 05 Dates:

January 10, 2005 through May 13, 2005 (17 weeks)

Holidays: President's Day- February 21, 2005
Spring Break- March 14-18, 2005

Summer Camp Dates:

May 31, 2005 through July 29, 2005 (9 weeks)

Holidays: July 4, 2005

Please select from the following options:

_____ Focus on Fitness:

- a. Physical Activity program 5 days per week \$40.00 per month (\$10 per week)
 - i. Includes group fitness classes
 - ii. Fitness Assessment*

_____ Fitness and Wellness Series:

\$48 per month (\$12 per week)

- b. Physical Activity program 5 days per week
 - i. Includes group fitness program
 - ii. Fitness Assessment*
- c. Wellness series
 - i. Bi monthly seminars
 - ii. Behavior Change consultations

_____ Walking Club:

\$40 per month (\$10 per week)

- d. Five mornings 30-40 minute walk
 - i. Fitness Assessment*
 - ii. Target heart rate evaluation
 - iii. Designated walking destinations
 - iv. Incentives and challenges

_____ Summer Camp:

\$100 per 9 week session

- e. Physical Activity program 5 days per week
 - i. Includes group fitness program
 - ii. Fitness Assessment*
- f. Wellness series
 - i. Bi-monthly seminars

*Fitness Assessment includes the following: Medical Release Form/Physician's Release (first meeting)

Resting Blood Pressure and Heart Rate
Weight/Height
Muscular Strength and Endurance
Flexibility
Circumferences (optional)
Aerobic Capacity (optional)

The George Washington University
Department of Exercise Science

Payment is due the first of each month or by the first day of Summer Camp.

My program will begin on _____.

Signature: _____ Date: _____

Address: _____

Attendance and Payment Policies

Attendance policies for all of our programs are designed to put emphasis on the importance of “regular” participation in physical activity. We encourage you to attend the program at least 3 times per week. For maximum benefit, five days per week is recommended.