

Class Registration Form — Fall 2009

Name _____

MIT address _____

MIT phone _____

Home address and phone (if no MIT address):

E-mail address _____

(Class information will be sent via e-mail)

Fees are as follows except where noted in list at right:

- \$120 for the general MIT community
- \$97 for MIT Health Plan members and MIT retirees
- \$65 for MIT students

Method of payment (cash is *not* accepted):

- Check or money order enclosed, payable to MIT Medical
- Credit card — Once we receive your registration form, we will e-mail you a link to our secure online credit card payment service.

Amount: \$ _____

Mail registration form and payment to:

Center for Health Promotion & Wellness at MIT Medical
Room E23-205
77 Massachusetts Ave.
Cambridge, MA 02139-4307

When we receive your registration form and payment, you will get a confirmation e-mail. Class minimums must be met for classes to run. Registrations are taken on a first-come, first-served basis. Payment must be received at the time of registration.

Refunds: A 100% refund will be offered to those who withdraw at least one week prior to the start of a class. After that time, refunds will only be given under special circumstances.

Chi Workout – Tuesdays, 12:45-1:15 p.m.

- Sept. 15 – Nov. 17 (10 sessions)
- \$60 for general MIT community, \$49 for MIT Health Plan members and MIT retirees, \$33 for MIT students

Gentle Yoga – Mondays, 12-1 p.m.

- Sept. 14 – Nov. 30 (10 sessions)

Gentle Yoga – Wednesdays, 5:45-6:45 p.m.

- Sept. 16 – Dec. 2 (10 sessions)

Hula Hooping for Fitness – Wednesdays, 12-1 p.m.

- Sept. 16 – Oct. 14 (5 sessions; \$85 for everyone)

Mindfulness-Based Stress Reduction – Fridays, 12-1 p.m.

- Sept. 11 – Oct. 30 (8 sessions)
- \$96 for general MIT community, \$78 for MIT Health Plan members and MIT retirees, \$52 for MIT students

Moderate Flow Yoga – Thursdays, 5-6 p.m.

- Sept. 17 – Nov. 19 (10 sessions)

New Moms Group – Wednesdays, 9:45-11:30 a.m.

- Sept. 16 – Oct. 21 (6 sessions; \$125 for everyone)
- Oct. 28 – Dec. 9 (6 sessions; \$125 for everyone)

Pilates – Mondays, 1-2 p.m.

- Sept. 14 – Nov. 30 (10 sessions)

Prenatal Yoga – 5 sessions

- Sept. 14 – Oct. 19 (Mondays, 5-6:15 p.m.)
- Oct. 26 – Nov. 23 (Mondays, 5-6:15 p.m.)
- Sept. 16 – Oct. 14 (Wednesdays, 4-5:15 p.m.)
- Oct. 21 – Dec. 2 (Wednesdays, 4-5:15 p.m.)

Prenatal Partner Yoga Workshop – Thursdays, 6:15-8:15 p.m.
(1 session; \$100 per couple for everyone)

- Sept. 17 Oct. 15
- Nov. 19 Dec. 17

Slow Vinyasa Yoga – 5 sessions

- Oct. 21 – Dec. 2 (Wednesdays, 12-1 p.m.)
- Nov. 6 – Dec. 11 (Fridays, 12-1 p.m.)

Work In Fitness (co-ed) – Tuesdays, 12-12:45 p.m.

- Sept. 15 – Nov. 17 (10 sessions)

Work In Fitness (women) – Tuesdays, 1:15-2 p.m.

- Sept. 15 – Nov. 17 (10 sessions)

Yogalates – Wednesdays, 1-2 p.m.

- Sept. 16 – Dec. 2 (10 sessions)

NOTE: No classes on Sept. 28, Oct. 12, Nov. 11 or Nov. 25.

LIABILITY RELEASE, WAIVER, DISCHARGE AND COVENANT NOT TO SUE

I fully recognize that there are dangers and risks to which I may be exposed by participating in wellness classes offered by the Center for Health Promotion & Wellness at MIT Medical between March and May 2009. I understand that MIT does not require me to participate in this activity, but I want to do so, despite the possible dangers and risks and despite this release. I therefore agree to assume and take on myself all of the risks and responsibilities in any way associated with this activity. In consideration of and return for the services, facilities, and other assistance provided to me by MIT in this activity, I release MIT (and its governing board, employees, and agents) from any and all liability, claims and actions that may rise from injury or harm to me, from my death or from damage to my property in connection with this activity. I recognize that this release means I am giving up, among other things, rights to sue the Institution, its governing board, employees, and agents for injuries, damages, or losses I may incur. I also understand that this release binds my heirs, executors, administrators, and assigns, as well as myself. I have read this entire release, I fully understand it and agree to be legally bound by it.

THIS IS A RELEASE OF YOUR RIGHTS. READ CAREFULLY BEFORE SIGNING.

Releasor's signature

Date