



**Lifestyle Enhancement Program Spring 2018
Registration Form for Community Participants
January 16 to May 11, 2018**

Name (print) _____ Address _____

Daytime Phone _____ E-mail _____

Cost:

Yoga, Balanced Bellies and Backs, and T'ai Chi: \$100.00 per semester

Table Tennis: \$50.00 per year

Payment Total \$ _____ Check # _____

CHECKS ONLY. Cash payment is not accepted. Please make checks out to Health Promotion and Wellness.

✓ Please place a check mark next to the activities you plan to attend on a weekly basis.

<p>Bone Student Center 3rd West Lounge</p> <p><input type="checkbox"/> Balanced Bellies and Backs: 12:15 – 1 p.m. on Tuesdays and Thursdays</p> <p><input type="checkbox"/> Noon Yoga: Noon – 1:00 p.m. on Mondays, Wednesdays, and Fridays</p> <p><input type="checkbox"/> Tuesday Yoga: Tuesdays from 4:30 to 5:30 p.m.</p>	<p>Metcalf 139</p> <p><input type="checkbox"/> T'ai Chi: Evidenced Based Training 5:15 p.m. on Mondays</p> <p><input type="checkbox"/> T'ai Chi: Traditional Chen Style: 5:15 p.m. on Wednesdays</p>
<p>Balanced Bellies and Backs, T'ai Chi, and yoga classes are \$100.00 per semester with unlimited attendance to all classes. Table tennis is \$50 per year.</p>	<p>Table Tennis – Metcalf Small Gym</p> <p><input type="checkbox"/> 8 – 11:55 p.m. on Saturdays</p>
<p>Mail or hand deliver registration forms to: Health Promotion and Wellness Illinois State University Campus Box 2120 McCormick 187 Normal, IL 61790-2120</p>	<p>Complete and include the following:</p> <p><input type="checkbox"/> Registration form</p> <p><input type="checkbox"/> Wellness Waiver</p> <p><input type="checkbox"/> Par Q and You</p> <p><input type="checkbox"/> Checks made payable to Health Promotion and Wellness</p>