



Better Me Fitness Course Registration - Winter (20092)

Name _____
Last First Middle

University ID Number _____ - _____

If you have taken a course at RIT in the past - You may use this form or go to <http://infocenter.rit.edu> which will take you to the RIT Information Access Center. Select "Register for Classes" and log in with your username and password. Select **Quick Add/Drop** and enter the 9-digit number of the course(s) you wish to attend (refer to the list below). *Do not use Open Course List Add/Drop, because these courses are not listed in the drop down box.*

NEW STUDENTS (not previously registered for a credit course at RIT) - Please complete all of the information on this form. Submit the completed form to the Registrar's office in person (George Eastman Building, Room 1202) or fax to: 475-7005.

Payment - After you register, you may pay:

- in person at the Student Financial Services Office in the University Services Center (87), 1st floor.
- online at <https://eservices.rit.edu> Your balance shown under current account activity will be the current balance due.
- by eCheck or paper check without additional fee. A fee is charged for paying by credit card (MasterCard and Discover).

<p>Date of Birth _____ Gender <input type="checkbox"/> M <input type="checkbox"/> F</p> <p style="text-align: center;"><small>Month Day Year</small></p> <p>Home Address (RIT mail will be sent to this address)</p> <p>Number & Street _____</p> <p>City/State/Zip Code _____</p> <p>County _____</p> <p>Telephone Numbers (Appear on Classlists)</p> <p>Home ____/____/____ Day (9 a.m. - 5 p.m.) ____/____/____ Cell ____/____/____ RIT E-mail _____@rit.edu</p>	<p>Ethnic Origin - (optional) For Reporting to the Federal Government</p> <p><input type="checkbox"/> C - White (Non-Hispanic Origin)</p> <p><input type="checkbox"/> B - Black (Non-Hispanic Origin)</p> <p><input type="checkbox"/> O - Asian or Pacific Islander</p> <p><input type="checkbox"/> I - American Indian or Alaskan Native</p> <p><input type="checkbox"/> S - Hispanic</p> <p><input type="checkbox"/> T - Other</p>
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Select course requests on page 2. Include page 1 and 2 when registering for a *Better Me* course.

Participation in *Better Me* fitness programs is voluntary and participants assume all risks, known and unknown, inherent to exercise and workout programs and/or injuries which may result from participation in such activities. It is recommended that you consult with your personal physician before starting any exercise or fitness program.

Do you have *Better Me* questions or comments? Contact betterme@rit.edu.

Need information about the *Better Me* employee wellness program?
 Visit the *Better Me* website at www.rit.edu/betterme.

Registration questions? Send an e-mail to registrar@rit.edu.

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Name _____ UID Number _____
Last First Middle

Course/s Requested - check the box/es below. Include both pages with your registration

Course Title	Number	Start Date	Day(s)	Time	Location	Fee
<input type="checkbox"/> Aquafit	111506501	November 30	Monday	5:00-5:50 pm	GFH - Pool	\$30
<input type="checkbox"/> Aquafit	111506502	December 2	Wednesday	5:00-5:50 pm	GFH - Pool	\$30
<input type="checkbox"/> Ballin' (30 minutes)	111510001	December 1	Tuesday	11:30-12:00 pm	SLC - Upper Dance Studio	\$15
<input type="checkbox"/> Ballin' (30 minutes)	111510002	December 3	Thursday	12:30-1:00 pm	SLC - Mini Gym	\$15
<input type="checkbox"/> Boot Camp	111505501	December 3	Thursday	12:00-12:50 pm	SLC - Lower Dance Studio	\$30
<input type="checkbox"/> Boot Camp	111505502	December 2	Wednesday	6:30-7:20 am	SLC - Lower Dance Studio	\$30
<input type="checkbox"/> Boot Camp	111505503	November 30	Monday	6:30-7:20 am	SLC - Lower Dance Studio	\$30
<input type="checkbox"/> Boot Camp	111505504	December 3	Thursday	6:30-7:20 am	SLC - Upper Dance Studio	\$30
<input type="checkbox"/> Cardio Latin (30 min)	111512001	December 3	Thursday	12:00-12:30 pm	SLC - Mini Gym	\$15
<input type="checkbox"/> Cardio Mix	111510501	November 30	Monday	12:00-12:50 pm	SLC - Upper Dance Studio	\$30
<input type="checkbox"/> Cardio Mix	111510502	December 2	Wednesday	12:00-12:50 pm	SLC - Upper Dance Studio	\$30
<input type="checkbox"/> Core, Glutes & Abs (30 minutes)	111509501	December 1	Tuesday	5:00-5:30 pm	SLC - Lower Dance Studio	\$15
<input type="checkbox"/> Core, Glutes & Abs (30 minutes)	111509502	December 1	Tuesday	5:30-6:00 pm	SLC - Lower Dance Studio	\$15
<input type="checkbox"/> Intro to Weight Training *	111505001	December 1	Tuesday/Thursday	5:00-5:50 pm	SLC - Weight Room	\$60
<input type="checkbox"/> Intro to Weight Training *	111505003	November 30	Monday/Wednesday	12:00-12:50 pm	SLC - Weight Room	\$60
<input type="checkbox"/> Intro to Weight Training *	111505004	December 5	Saturday	9:30-10:20 am	SLC - Weight Room	\$30
<input type="checkbox"/> Intermediate Weight Training *	111505002	November 30	Monday	5:30-6:20 pm	SLC - Weight Room	\$30
<input type="checkbox"/> Kundalini Yoga	111505003	December 1	Tuesday	5:00-5:50 pm	SAU - 1829 Room	\$30
<input type="checkbox"/> Nia	111503501	December 3	Thursday	5:00-5:50 pm	SLC - Mini Gym	\$30
<input type="checkbox"/> Pilates	111501001	November 30	Monday	12:00-12:50 pm	SLC - Mini Gym	\$30
<input type="checkbox"/> Pilates	111501002	December 2	Wednesday	12:00-12:50 pm	SLC - Mini Gym	\$30
<input type="checkbox"/> Pilates Express (30 min)	111501003	December 1	Tuesday	12:30-1:00 pm	SLC - Mini Gym	\$15
<input type="checkbox"/> Sandbag & Freestyle Calisthenics *	111509001	December 2	Wednesday	5:30-6:20 pm	SLC - Mini Gym	\$30
<input type="checkbox"/> Salsa *	111506002	December 5	Friday	12:00-12:50 pm	SLC - Mini Gym	\$30
<input type="checkbox"/> Soul Line Dancing (30 Minutes)	111511501	December 3	Thursday	11:30-12:00 pm	SLC - Upper Dance Studio	\$30
<input type="checkbox"/> Spinning	111500101	December 1	Tuesday	5:00-5:50 pm	SLC - Spinning Room	\$30
<input type="checkbox"/> Spinning	111500102	December 3	Thursday	5:00-5:50 pm	SLC - Spinning Room	\$30
<input type="checkbox"/> Spinning	111500103	December 5	Saturday	8:30-9:20 am	SLC - Spinning Room	\$30
<input type="checkbox"/> Step Aerobics (30 min)	111511001	December 1	Tuesday	12:00-12:30 pm	SLC - Mini Gym	\$15
<input type="checkbox"/> Yoga	111500501	November 30	Monday	12:00-12:50 pm	GFH - Green Room	\$30
<input type="checkbox"/> Yoga	111500502	December 1	Tuesday	12:00-12:50 pm	GFH - Green Room	\$30
<input type="checkbox"/> Zumba	111501501	November 30	Monday	5:00-5:50 pm	SLC - Mini Gym	\$30
<input type="checkbox"/> Zumba	111501502	December 5	Saturday	9:30-10:20 am	SLC - Upper Dance Studio	\$30
<input type="checkbox"/> Zumba	111501503	December 1	Tuesday	12:00-12:50 pm	SLC - Lower Dance Studio	\$30
<input type="checkbox"/> Zumba	111501504	December 3	Thursday	5:00-5:50 pm	SLC - Lower Dance Studio	\$30

GFH = Gordon Field House SAU = Student Alumni Union SLC = Student Life Center

* No Bounce Pass

Registrar's Office Use Only

Date Received: _____
 Date Processed: _____
 Processed By: _____