

## ***Fitness Lecture & Class Policies***



- Requests must be submitted two weeks prior to class (lectures may require more advanced notice)
- Requests for a specific instructor/trainer will be filled if possible
- Satellite classes must be pre-paid at the Campus Recreation Business Office
- Class area should be open and safe
- Campus Recreation will determine class size limits based on nature of activity and size of activity space
- Satellite location should have a phone, first aid kit, and a predetermined emergency action plan
- Satellite location should make arrangements for loading/unloading of requested equipment and parking for the instructor/trainer if needed
- Satellite location should make arrangements and/or provide the instructor/trainer and participants with appropriate equipment as needed if not rented from Campus Recreation
- The contact information (land phone, cell phone, and email) of the main contact of the satellite location should be provided to Campus Recreation and the instructor/trainer
- All satellite participants must sign an assumption of risk before participation
- Requests may be denied due to short length of notice, inability to meet request in regard to instructor availability, and/or safety of the location
- Equipment requests may be denied due to equipment availability and/or difficulty of transport
- No refunds will be issued for any reason

## ***We Bring Fitness To You.***

*Our certified group fitness instructor or personal training staff will come to your location and provide your group with a personalized lecture or workout!*

- Fitness lectures covering topics related to fitness, health, and/or wellness
- Group fitness classes
- Group resistance training sessions

*We will provide services to any University of Arizona student, faculty, or staff group at most locations on campus.*

Your group will:

- Receive group personal attention and direction
- Receive convenient lectures and/or workouts at your location
- Receive group introduction to fitness, health, and/or wellness without becoming a SRC member
- Receive answers to your fitness, health, and/or wellness questions
- Get motivated to try new activities and/or begin a more active lifestyle

<http://campusrec.arizona.edu>

CAMPUS  
**Rec**

## **Fitness Lectures & Classes**

***We Bring Fitness to You!***

**Visit**

<http://campusrec.arizona.edu>

**or call 520-621-8717**  
for more information



# Answers to Your Questions!

## **Who are the fitness lectures and classes available to?**

Any UA student or office group may request any of our fitness services.

## **How can I use these services for my group?**

Lectures, group resistance training, and/or fitness classes are requested for many reasons! The Residence Halls and/or the Greek community often provide activities to their residents while campus departments often provide a reward or incentive for their staff. We also receive many requests for special events such as campus fairs, class projects, or Family Weekend.

## **What kind of lectures and classes do you offer?**

We provide lectures on most fitness, health, and wellness topics. You may request any topic of your choice for your group. We also provide most classes currently offered at the Student Recreation Center. The fitness class schedule can be viewed at...

<http://campusrec.arizona.edu/fitness/>



## **Is there a minimum or maximum number of participants in one group?**

We charge one flat fee regardless of the number in your group. If applicable, equipment rental fees may vary depending on the number in your group.

## **How long are the lectures and classes?**

Both lectures and classes will last up to one hour in length. If applicable, multiple lectures and/or classes may be requested simultaneously.

## **Can we rent the equipment needed for a group resistance training session or a class?**

We may be able to provide most of the equipment needed for a minimal equipment charge. We can also try to arrange a group resistance training session or class here at the Student Recreation Center if possible.

## **Can we request more than one lecture or class?**

Of course! We will even discount the flat rate fee for two or more lectures and/or classes in one transaction.

## **Where can I find the request form ?**

Easy...

<http://campusrec.arizona.edu/fitness/>

## **Does the UA group have to be members of the Student Recreation Center?**

No, membership is not required whether we use your location or the Student Recreation Center.

## **Lecture, Group Resistance Training and Fitness Class Options**



Single requests may be one lecture, group resistance training session, or fitness class per financial transaction. Multiple requests may be a combination of the above on one or more days paid at once on the same financial transaction.

**One Hour Single Request—\$60.00**

**One Hour Multiple Request—\$50**

**Equipment Rental Fee—\$1.00**

per piece per participant

Request forms may be downloaded online at [www.campusrec.arizona.edu](http://www.campusrec.arizona.edu). After receiving the request, services will be arranged for your group. All requests must be pre-paid at the Student Recreation Business Office before the scheduled service.

### **Business Office Information:**

**Monday-Thursday 8:00-6:00pm**

**Fridays 8:00-5:00pm**

For payment information, please call

**520-621-3396.**

