

## Summer 2011 Registration Form

The overarching mission of the Center for Successful Aging is to conduct research, provide high quality student training, and offer classes that promote whole person wellness for 50 plus adults. For more information please visit our website at <http://hhd.fullerton.edu/csa> or call us at 657-278-7012.

**Classes will begin Monday, June 6th and end Thursday, August 11<sup>th</sup>**

### MONDAY / WEDNESDAY

	<i>Class</i>	<i>Time</i>	<i>Location</i>	<i>Fee</i>
<input type="checkbox"/>	Deep H2O Power Hour*	8:30 – 9:30 am	CSUF Pool	\$ 70.00
<input type="checkbox"/>	Yoga ***	8:30– 10:00 am	Center for Successful Aging	\$ 75.00
<input type="checkbox"/>	Fit 4 Life**	10:00 – 11:00 am	Lifespan Wellness Center	\$ 70.00
<input type="checkbox"/>	Balanced Fitness	11:00am – 12:00 pm	Lifespan Wellness Center	\$ 70.00

### TUESDAY / THURSDAY

	<i>Class</i>	<i>Time</i>	<i>Location</i>	<i>Fee</i>
<input type="checkbox"/>	Fit 4 Life**	7:45 – 8:45 am	Lifespan Wellness Center	\$ 70.00
<input type="checkbox"/>	Balance & Mobility I	9:00 – 10:00 am	Movement Enhancement Lab	\$ 85.00
<input type="checkbox"/>	Balance & Mobility II	10:30 – 11:30am	Movement Enhancement Lab	\$ 85.00

**IMPORTANT NOTICE:** In order to participate in any of the exercise classes offered in the Center for Successful Aging, **ALL** updated forms (health activity questionnaire, medical release, informed consent and performance release) must be submitted before the first day of class. All classes are subject to cancellation if a minimum number of participants are not enrolled.

Name:				Phone:			
Address:		City:		State:		Zip:	
E-Mail:							

**Make checks payable to:** CSUF Cashiers \*\*\* (Memo: Center for Successful Aging)\*\*\*

**Mail To:** Center for Successful Aging  
800 N. State College Blvd., KHS-011C  
Fullerton, CA 92831-3599

**Registration:** Registration will be on a first come first serve basis. For further information please contact the Center for Successful Aging at **657-278-7012**.

**See reverse side for class descriptions and class size limits**

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## **CLASS DESCRIPTIONS:**

**Balanced Fitness:** This program is held in the Lifespan Wellness Center and will incorporate aspects of balance and fitness. All participants will receive a balance assessment as well as a functional fitness assessment to measure their physical status, monitor progress and individualize the program accordingly.

**Deep H<sub>2</sub>O Power hour:** This class will focus on cardiovascular and strength training in the outdoor deep water pool. This class will exploit the unique properties of water to improve your cardiovascular endurance, strength, and flexibility using buoyancy vests, water weights and other resistance devices. You don't need to know how to swim to enjoy this class!

**FallProof™ Balance and Mobility I:** Balance & Mobility Program classes are held in the Movement Enhancement Lab in the Ruby Gerontology Center, Room #17. This program adopts a multidimensional approach to balance-related problems. Balance and gait assessments are provided using state-of-the art technology in order to determine the most suitable training program. A group-based program (B & M I) is available for individuals identified as low-to-moderate risk for falls. Most suitable for older adults who are beginning to experience balance problems that would benefit from focused training. Participants should not be regular users of assistive devices for mobility.

**FallProof™ Balance and Mobility II:** This Balance & Mobility program will provide individualized training in balance and mobility for persons at high risk for falls. This program adopts a multidimensional approach to balance-related problems. The class is most suitable for older adults with a history of falls and who require the use of assistive devices or wheelchairs for mobility on a regular basis.

**Fit 4 Life:** Is held in our state of the art 5,000 square foot Lifespan Wellness Center that is equipped with resistance training and cardiovascular equipment. All participants receive a functional fitness assessment to measure their physical status, monitor progress and individualize the program accordingly. The class includes a group warm-up, individual strength and cardio respiratory programming and a group cool-down, focusing on flexibility, balance and relaxation.

**Yoga:** This class is taught by a yoga instructor specializing in the needs of older adults. It will incorporate both beginning and advanced levels of yoga. Enjoy increasing your flexibility and improved relaxation. Yoga socks are also required in order to participate in the class.

**We offer professional massage services – make an appointment today by contacting the Health Promotion Program at (657)-278-3046.**

\* **Deep H<sub>2</sub>O:** This class is limited to 16 participants.

\*\* **Fit 4 Life:** Must have a minimum enrollment of 14 participants in order for this class to be offered.

\*\*\***Yoga:** Must have a minimum enrollment of 12 participants in order for this class to be offered. Yoga socks are also required in order to participate in the class.

**All program fees must be paid in full no later than two weeks after the start of the exercise class. Reimbursements for program fees will only be honored during the same semester. Unfortunately, class fees cannot be rolled over to another semester.**