Intersession 2013 ~ Registration Form

The Center for Successful Aging, through its educational, research, and service activities has as its mission the promotion of health and vitality, and the reduction of frailty and disability in later years. For more information please visit our website at http://hhd.fullerton.edu/csa or call us at 657-278-7012.

Classes will begin Monday, January 7th and end Thursday, January 24th

MONDAY/WEDNESDAY CLASSES:

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fit 4 Life</td>
<td>8:00 – 9:30 am</td>
<td>Lifespan Wellness Center (KHS-001)</td>
<td>$30.00</td>
</tr>
<tr>
<td>Yoga**</td>
<td>8:30 – 9:30 am</td>
<td>Movement Enhancement Lab (RGC-18)</td>
<td>$40.00</td>
</tr>
<tr>
<td>Balanced Fitness</td>
<td>10:00 – 11:30 am</td>
<td>Lifespan Wellness Center (KHS-001)</td>
<td>$30.00</td>
</tr>
</tbody>
</table>

TUESDAY / THURSDAY CLASS:

<table>
<thead>
<tr>
<th>Class</th>
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</tr>
</thead>
<tbody>
<tr>
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<td>8:00 – 9:30 am</td>
<td>Lifespan Wellness Center (KHS-001)</td>
<td>$30.00</td>
</tr>
</tbody>
</table>

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

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

IMPORTANT NOTICE: Registration will be on a first come, first serve basis. In order to participate in any of the physical activity classes offered in the Center for Successful Aging, ALL updated forms (health activity questionnaire, medical release, informed consent and performance release) must be submitted two weeks prior to the start of class.

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

** Yoga class requires at least 10 participants for the class to be offered. All other classes require a minimum of 8 participants

* * * CENTER FOR SUCCESSFUL AGING HOLIDAY * * *

Monday, January 21st ..................... Martin Luther King Day - NO CLASS
CLASS DESCRIPTIONS:

Balanced Fitness: This class incorporates and combines the 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. **This is a suitable class for older adults beginning to experience balance problems.**

Fit 4 Life: This class provides participants with a functional fitness assessment to measure their physical status, monitor progress, and individualize the program accordingly. The class includes a group warm-up, individualized strength, aerobic endurance, and balance programming, and a group cool-down, focusing on flexibility and relaxation. **This class is most suitable for older adults who are not using assistive devices for mobility.**

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 mindfulness. Yoga mat and socks are required in order to participate in the class.