REGISTRATION CHECKLIST

In order to register for classes at the Center for Successful Aging, you will need to complete and submit the following items **at least two weeks prior** to the start of classes:

- [ ] Registration form OR register online at
  
  http://hhdapps.fullerton.edu/csapayment/ExerciseClasses/index.asp

- [ ] Health Activity Questionnaire*

- [ ] Medical Release Form* (requires your primary care physician’s signature)

- [ ] Informed Consent Form*

- [ ] Performance Release Form*

*The required forms are due annually and are available at the Center for Successful Aging website: 
http://hhd.fullerton.edu/csa/WholePerson/Join.htm, via email by emailing us at successaging@fullerton.edu, or you can call us at 657-278-7012 and we will gladly mail you the forms.

After you submit ALL of the required forms listed above, our staff will contact you to set up an orientation meeting (new members only). If you need a parking pass (required to park on campus) please indicate to the staff member.

Please keep in mind that classes have a maximum capacity and fill quickly, so make sure to reserve your spot in class by turning your forms in as soon as possible.
Summer 2012 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 and the required participation forms, please visit our website at http://hhd.fullerton.edu/csa or call 657-278-7012.

Classes begin Monday, June 11th and end Thursday, August 16th

### MONDAY / WEDNESDAY

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga ***</td>
<td>8:30 – 9:30 am</td>
<td>Movement Enhancement Lab</td>
<td>$ 75.00</td>
</tr>
<tr>
<td>Fit 4 Life**</td>
<td>10:00 – 11:00 am</td>
<td>Lifespan Wellness Center</td>
<td>$ 70.00</td>
</tr>
<tr>
<td>Balanced Fitness</td>
<td>11:00am – 12:00 pm</td>
<td>Lifespan Wellness Center</td>
<td>$ 70.00</td>
</tr>
</tbody>
</table>

### TUESDAY / THURSDAY

<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>7:45 – 8:45 am</td>
<td>Lifespan Wellness Center</td>
<td>$ 70.00</td>
</tr>
<tr>
<td>Deep H2O Power Hour*</td>
<td>8:00 – 9:00 am</td>
<td>CSUF Pool</td>
<td>$ 70.00</td>
</tr>
<tr>
<td>Balance &amp; Mobility I &amp; II</td>
<td>9:30 – 10:30 am</td>
<td>Movement Enhancement Lab</td>
<td>$ 85.00</td>
</tr>
</tbody>
</table>

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

☐ New Participant  ☐ Returning Participant

To register online (pay by credit card, checking account, or savings account): http://hhdapps.fullerton.edu/csapayment/ExerciseClasses/index.asp

To pay by check: make 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

**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. Unfortunately, class fees cannot be rolled over to another semester.

No Class – Wednesday, July 4th (Independence Day – Campus Closed)
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 H2O 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 #18. 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.

* Deep H2O: This class is limited to 14 participants.

** Fit 4 Life: Must have a minimum enrollment of 12 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.