

Class Days & Times

MONDAY

8:00 - 8:50 a.m.	Arthritis
9:00 - 9:50 a.m.	Arthritis
10:00 - 10:50 a.m.	Arthritis
12:30 - 1:20 p.m.	Arthritis
5:30 - 6:20 p.m.	Arthritis
6:30 - 7:30 p.m.	Fibro

TUESDAY

9:00 - 9:50 a.m.	Arthritis
10:00 - 10:50 a.m.	Arthritis
11:00 - 11:50 a.m.	Arthritis
5:30 - 6:20 p.m.	Arthritis

WEDNESDAY

8:00 - 8:50 a.m.	Arthritis
9:00 - 9:50 a.m.	Arthritis
10:00 - 10:50 a.m.	Arthritis
12:30 - 1:20 p.m.	Arthritis
5:30 - 6:20 p.m.	Arthritis

THURSDAY

9:00 - 9:50 a.m.	Arthritis
10:00 - 10:50 a.m.	Arthritis
11:00 - 11:50 a.m.	Arthritis
5:30 - 6:20 p.m.	Arthritis
6:30 - 7:30 p.m.	Fibro

FRIDAY

8:00 - 8:50 a.m.	Arthritis
9:00 - 9:50 a.m.	Arthritis
10:00 - 10:50 a.m.	Arthritis

SATURDAY

9:00 - 9:50 a.m.	Arthritis
10:00 - 10:50 a.m.	Arthritis

SUNDAY

10:00 - 10:50 a.m.	Arthritis
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To ensure members have priority:

- * **Registration:** Monday, March 26, 2018 for members only.
- * **Registration:** Monday, April 2, 2018 for nonmembers. As of Monday, March 26, completed registration packets will be processed in the order they are received.



Any questions regarding LFHFC Arthritis & Fibro program, please contact: Amy Pierce
Group Exercise Department
847.535.7173

Lake Forest Health & Fitness Center
1200 N. Westmoreland Rd.
Lake Forest, IL 60045
lakeforesthfc.com

Arthritis & Fibromyalgia

Warm Water Aquatic Program

16 Week Session

Tuesday, April 17 - Sunday, August 5, 2018



Class Descriptions

Arthritis Class

Exercises performed in the warm water therapy pool will help increase joint range of motion, build muscle strength and help to reduce pain and stiffness.

Fibromyalgia Class

These sessions are performed in the warm water therapy pool and help manage or control chronic pain, fatigue, memory problems & mood changes. Exercises give participants a sense of well-being, increased endurance and fellowship.

Arthritis & Fibro Warm Water Aquatic Program Information

ALL PARTICIPANTS must check-in at the Front Desk before attending each class.

- Classes are taught by Arthritis Foundation certified instructors.
- Class is held in the warm water therapy pool. The temperature range is 90° to 92°
- Minimum water level is four feet.
- Participants can participate only in classes that they are registered.
- No refunds will be made after the session begins without a doctor's note.
- Make-up classes are permitted with approval from the Group Exercise Manager.
- See Warm Water Pool Free Time Schedule for open swim.
- Health History Questionnaire must be completed once per calendar year.
- If a participant has three risk factors indicated on the HHQ, a Physician Approval form is required and will remain in effect for one calendar year upon receipt.



Registration Form

Please Print Clearly:

Name _____

Phone: _____

Email Address: _____

Day: _____ Time: _____

2nd choice: Day _____ Time: _____

Day: _____ Time: _____

2nd choice: Day _____ Time: _____

Day: _____ Time: _____

2nd choice: Day _____ Time: _____

Participants must register for a minimum of one water class or maximum of three water classes per week.

Did you fill out a **new** Health History questionnaire for this session? Yes No

Are you a member at LFHFC: Yes No

Fees:

Members:	Free
Non-members:	1x a week = \$165
	2x a week = \$330
	3x a week = \$495

Method of Payment (non-member)

Cash Check #: _____

Housecharge acct # _____

Visa/MC: _____

Total Amount _____

Enclosed: _____

Exp. Date: _____ SN: _____

Mail or return registration form & payment to:
Lake Forest Health & Fitness Center
Attention: Group Exercise Dept.
1200 N. Westmoreland Rd.
Lake Forest, IL 60045

Participation Waiver

Please read and sign the waiver below.

You acknowledge that your attendance at or use of HFC, including without limitation your participation in any of HFC's programs or activities and your use of HFC's equipment and facilities, and transportation provided by HFC, could cause injury to you. In consideration of your membership in HFC, you hereby assume all risks of injury which may result from or arise out of your use of the premises, attendance at or use of HFC or its equipment, activities, facilities, or transportation; and you agree, on behalf of yourself and your heirs, executors, administrators and assigns, to fully and forever release and discharge HFC and Northwestern Lake Forest Hospital and Northwestern Memorial Health Care, and their respective officers, directors, employees, agents, successors and assigns, and each of them (collectively, the "Releases"), from any and all claims, damages, demands, rights of action or causes of action, present or future, known or unknown, anticipated or unanticipated, resulting from or arising out of your attendance at or use of HFC or its equipment, activities, facilities or transportation, including without limitation any claims, damages, demands, rights of action or causes of action resulting from or arising out of the negligence of the Releases. Further, you hereby agree to waive any and all of such claims, damages, demands, and rights of action or causes of action. Further, you hereby agree to release and discharge the Releases from any and all liability for any loss or theft of, or damage to, personal property. In addition, you grant Lake Forest and Lindenhurst Health and Fitness Centers permission to utilize your image or likeness for any promotional or marketing materials, including but not limited to any and all social media platforms, for the sole and exclusive use of its respective purposes only.

You acknowledge that you have carefully read this waiver and release and fully understand that it is a waiver and release of liability.

X _____
 Participant's Signature Date