

**NEW YORK CHIROPRACTIC COLLEGE  
DEPARTMENT OF HEALTH & FITNESS EDUCATION  
2360 STATE ROUTE 89, SENECA FALLS, NY 13148  
PROGRAM REGISTRATION FORM**

NAME: \_\_\_\_\_ PROGRAM: \_\_\_\_\_  
 NYCC CAMPUS ADDRESS: **MAILBOX #** \_\_\_\_\_ DAY AND TIME OF PROGRAM: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ PHONE: DAY \_\_\_\_\_  
 \_\_\_\_\_ EVENING \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_ AGE: \_\_\_\_\_ (Required for anyone under 18 yrs. of age)

MEDICAL INSURANCE CARRIER \_\_\_\_\_ PARENT/GUARDIAN INFORMATION:  
 NAME OF INSURED \_\_\_\_\_ PARENT/GUARDIAN NAME \_\_\_\_\_  
 EMERGENCY CONTACT \_\_\_\_\_ (Mandatory for anyone under the age of 18)  
 TELEPHONE \_\_\_\_\_ ADDRESS \_\_\_\_\_  
 TELEPHONE \_\_\_\_\_ TELEPHONE \_\_\_\_\_

**MEMBERSHIP STATUS: (Circle one)**

NYCC STUDENT      NYCC STUDENT SPOUSE      NYCC STUDENT DEPENDENT      SILVER SNEAKERS MEMBER  
 YOUTH MEMBER      YOUTH NON-MEMBER      ADULT MEMBER      ADULT NON-MEMBER

The named applicant to participate in the above mentioned program is registering with the understanding that certain activities require a minimum level of fitness and health (physical, mental and emotional) and each person has a different capacity for participating in these activities. The above named participant warrants being physically fit to participate and understands the choice to participate brings with it the assumption of those risks and results which are part of their participation. They furthermore waive and release the New York Chiropractic College and their staff from any and all liability for injuries which may occur while participating in the above program and will hold the New York Chiropractic College and its staff harmless for any and all medical expenses incurred.

**NON-MEMBER ATHLETIC CENTER UTILIZATION PRIVILEGES**

The NYCC Department of Health & Fitness is pleased to continue to provide the opportunity for the above named individual to participate in the instructional program listed above. In doing so, there are a few Athletic Center facility rules which need to be adhered to:  
 The participant will be required to present their valid program pass to the front reception desk upon entering the facility for each scheduled class. Passes will be distributed at your first class. The named program participant is eligible to participate in only the program they have registered for on the given dates, times and location of the program. Athletic Center privileges will not be extended to any other person other than the registered participant. Children are not permitted into classes that they are not registered for. Use of the Athletic Center is a privilege. Acceptable conduct must be observed at all times. Anyone violating policies, misusing equipment or engaging in inappropriate behavior, including verbal and physical abuse of employees and patrons is subject to immediate removal and loss of privileges. No refunds will be granted.

I have read and understand the above Athletic Center facility rules concerning my participation in the above named program.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**PAYMENT INFORMATION:**

PLEASE MAKE CHECKS PAYABLE TO NYCC AND MAIL TO:  
 NEW YORK CHIROPRACTIC COLLEGE  
 HEALTH & FITNESS CENTER  
 2360 STATE ROUTE 89  
 SENECA FALLS, NY 13148



**PROGRAM BROCHURE  
SEPTEMBER - DECEMBER  
2017**



[FACEBOOK.COM/NYCCHEALTHFITNESS](https://www.facebook.com/NYCCHEALTHFITNESS)

**DISCLAIMER:** Class cancellations due to inclement weather will not be made up or refunded.

## FITNESS CLASSES

CLASSES BEGIN THE WEEK OF SEPTEMBER 11, 2017

NO CLASSES 11/20—11/24/17

**Silver Circuit** - 10:00 am - 11:00 am - 9/11—11/15/17  
Monday/Wednesday **Silver Sneakers® Members** -FREE  
Member - \$45 Non-member - \$70

**Silver Yoga** - 11:00 am—12 Noon- 9/11—11/15/17  
Monday/Wednesday **Silver Sneakers Members**—FREE  
Member—\$45 Non-member—\$70

**Silver Classic** - 9:00 am - 10:00 am - 9/12—11/16/17  
Tuesday/Thursday **Silver Sneakers® Members** -FREE  
Member - \$45 Non-member - \$70

**Silver Cardio Boost** - 10:15 am - 11:15 am - 9/12-11/16/17  
Tuesday/Thursday **Silver Sneakers® Members** -FREE  
Member - \$45 Non-member - \$70

**Full Body Fitness**—6:15—7:15 pm - 9/11—11/15/17  
Monday/Wednesday  
NYCC Student—\$30 Member—\$80 Non-member—\$100

**HIIT (High Intensity Interval Training) Class**-9/12—11/16/17  
**6:15-7:15 pm**  
Tuesday/Thursday  
NYCC Student—\$30 Member—\$80 Non-member—\$100

**Tai Chi**—8 am—9:30 am—9/23—12/2/17  
Saturday  
NYCC Student—\$30 Member—\$80 Non-member—\$100

### DISCLAIMER:

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- No refunds after the first two weeks of classes

## PERSONAL TRAINING

FREE CONSULTATION

4 SESSIONS \$80.00

FOR MORE INFORMATION OR TO  
SCHEDULE A SESSION/CONSULT, PLEASE CALL  
DUSTIN DILLARD @ 568-3257 OR ROBERTA WINTERS @ 568-3254

## AQUATIC CLASSES

CLASSES BEGIN THE WEEK OF SEPTEMBER 11, 2017

NO CLASSES 11/20—11/24/2017

**Daytime Aquacise** — 11:15 am - 12 noon— 9/11—12/8/17  
Monday/Wednesday/Friday  
Member - \$50 Non-member - \$75

**Evening Aquacise**—6:30 pm - 7:15 pm - 9/11—12/6/17  
Monday/Wednesday  
Member—\$45 Non-Member—\$70

**Daytime Water Walking** - 9:00 —9:45 am— 9/11—12/8/17  
Monday/Wednesday/Friday  
Member - \$50 Non-member - \$75

**Aqua Fit**—7:30—8:30 pm—9/11—11/15/17  
Monday/Wednesday  
Member—\$45 Non—Member—\$70

**Evening Water Walking**—6:00 - 6:45 pm— 9/12—12/7/17  
Tuesday/Thursday  
Member—\$45 Non—Member—\$70

**Silver Splash Class**—9:00 am - 9:45 - 9/12—12/7/17  
Tuesday/Thursday **Silver Sneaker Members**—Free  
Member—\$45 Non—Member - \$70

**Lifeguard Training Class—Fall 2017**  
NYCC Students—\$150 All other—\$250  
Call for Details—568-3257

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## American Red Cross Swim Lessons

Saturdays—9/30—11/18/2017

Infant—9:15—9:45 am Level 1—10—10:30 am  
Level 2—10:45—11:15 am Level 3—10—10:30 am  
Level 4—10:45-11:15 am Level 5 & 6-9:15-9:45 am

Member— \$30 Non-Member—\$45

STOP BY THE OFFICE TO SEE IF YOU  
ARE ELIGIBLE FOR OUR  
SILVER & FIT  
OR SILVER SNEAKERS PROGRAMS

## HOURS OF OPERATION

MONDAY—THURSDAY— 6 AM—9 PM  
FRIDAY— 6 AM—7 PM  
SATURDAY— 7 AM—1 PM  
SUNDAY— 9 AM—1 PM

## LOCKER RENTALS

Community Members—\$50/year  
NYCC Staff—\$40/year  
NYCC Students—\$10/trimester

## ANNUAL COMMUNITY MEMBER RATES

Family—\$495  
Adult—\$385  
Young Adult (18—20)—\$250  
Single Parent w/dependents—\$300  
Clergy Family—\$385  
Clergy Single—\$300  
Alumni Single—\$200—Family—\$250  
Senior Citizen Couple—\$215  
Senior Citizen—\$120  
Disabled—\$120

\*Active members of the Armed Forces, Police, and Fire  
Departments are eligible for discounted  
memberships.

## PICKLEBALL

Tuesday-Open play- 4:30—7 pm  
Thursday-Open play 10 am—1 pm  
FREE to members  
\$3/session-non-members  
Lessons available 30 minutes prior to play, please  
call 568-3254 to schedule a lesson.