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
* 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 will be available on the Center for Successful Aging website:

<https://csa.fullerton.edu/programs/forms.php>

Or via email by emailing us at [successaging@fullerton.edu](mailto: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 inform Dr. Fisher prior to the beginning of classes.

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.

Fall 2024 Registration Form

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

Classes will begin Monday, September 9th and end Thursday, December 12th

Please note: The first week of class (Sept. 9th – 13th) will be Assessment Week

|  |  |  |  |
| --- | --- | --- | --- |
| Name: |  | Phone: |  |
| Address: |  | | |
| E-Mail: |  | | |
| |  |  |  |  | | --- | --- | --- | --- | |  | New Participant |  | Returning Participant | | | | |

MONDAY/WEDNESDAY CLASSES (No Class on Nov. 11th)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | *Class* | *Time* | *Location* | *Fee\** |
|  | Fit 4 Life I  (Sept. 9th – Dec. 11th) | 7:45 – 9:15 am | Lifespan Wellness Center (KHS-001) | $140.00 |
|  | Fit 4 Life II  (Sept. 9th – Dec. 11th) | 10:15 – 11:45 am | Lifespan Wellness Center (KHS-001) | $140.00 |

TUESDAY / THURSDAY CLASSES

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | *Class* | *Time* | *Location* | *Fee\** |
|  | NeuroFit  (Sept. 10th – Dec. 12th) | 7:45 – 9:15 am | Lifespan Wellness Center (KHS-001) | $140.00 |
|  | Fit 4 Life I  (Sept. 10th – Dec. 12th) | 10:15 – 11:45 am | Lifespan Wellness Center (KHS-001) | $140.00 |

FRIDAY CLASSES

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | *Class* | *Time* | *Location* | *Fee\** |
|  | AquaFit – 8 Weeks  (Sept. 13th – Nov.1st) | 9:00 – 10:00 am | Lifespan Wellness Center (KHS-001) | $90.00 |

**There will be no classes during Fall Recess (November 25th – 29th)**

**The last week of classes will be December 9th – 13th**

**\*ALL CLASSES ARE SUBJECT TO CHANGE IF MINIMUM ENROLLMENT IS NOT REACHED**

CLASS DESCRIPTIONS:

Fit 4 Life I: This class provides participants with a functional fitness assessment to measure their physical status, monitor progress, and individualize the program accordingly. This multicomponent exercise class includes a group warm-up, resistance training, aerobic endurance, neuromotor fitness activities, and a group cool-down, focusing on flexibility and relaxation. This class is most suitable for older adults who prefer a structured exercise environment and/or want to improve their current level of fitness. All first-time attendees will receive a comprehensive fitness and balance evaluation prior to the start of the class.

**Fit 4 Life II:** This multicomponent exercise class includes a group warm-up, resistance training, aerobic endurance, neuromotor fitness activities, and a group cool-down, focusing on flexibility and relaxation. This class is most suitable for older adults who are physically active and demonstrate above average levels of functional fitness. All first-time attendees will receive a comprehensive fitness and balance evaluation prior to the start of the class.

Building Better Balance: This class offers progressively more challenging balance and mobility activities combined with functional strength training. Individualized training will be provided in a small group environment. This class is most suitable for older adults who are looking to fine tune their balance, mobility and improve their overall muscle strength and power.

NeuroFit: This multicomponent exercise class combines circuit-based aerobic endurance and functional strength training with neuromotor fitness activities that focus on agility, coordination, and problem-solving. This class is most suitable for active adults with previous exercise experience and who are looking for a unique mind-body exercise environment.

AquaFit: This six-week class focuses on cardiovascular and resistance training

in the outdoor pool. This class will exploit the unique properties of water to

improve your cardiovascular endurance, strength, and flexibility using buoyancy belts, water weights and other resistance devices. You do not need to know how to swim to enjoy this class!

# Please bring your payment to the first class. If paying by check, please make it payable to CSUF Cashiers *(Memo: Center for Successful Aging)*

Alternatively, you may mail your check 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.** Please review each of the course descriptions carefully to ensure that the class you wish to attend is suitable for your physical abilities.

In order to participate in any of the physical activity classes offered in the Center for Successful Aging, you must haveup-to-date forms (within the past year) on file prior to the start of class. These include the health activity questionnaire, medical release, informed consent, and video/audio release forms Unfortunately, class fees cannot be rolled over to another semester.

IMPORTANT DATES IN THE CENTER FOR SUCCESSFUL AGING

Monday, September 9th  . . . . . . . . . . . . . . . . . . . . . . . . . . CSA Classes begin

Monday, November 11th  . . . . . . . . . . . . . . . . . . Veteran’s Day – NO CLASSES

Monday - Friday, November 25th - 29th . . . . . . . . . Fall Recess - NO CLASSES

Thursday, December 13th . . . . . . . . . . . . . . . . . . . . . . . . . . . Last day of class

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