

# **XURS Fitness Program Procedure**

**<http://www.xavier.edu/recsports/fitness>**

**The Xavier University Department of Recreational Sports is pleased to be able to offer it's students, faculty/staff, alumni and OSC members, as well as non members the opportunity to participate in our Fitness Program.**

**Our Fitness Passes are all inclusive and are good for the entire semester. All classes the first week are free. This allows individuals to try them out! We offer various types of programs to try to meet the needs of all who would like to participate.**

**Individuals must sign a liability waiver at the beginning of each new fitness session. (Each semester) This waiver will have a place for a phone number and email address. THIS IS VERY IMPORTANT. We will be creating a group email to notify members if a class must be cancelled. Cancellations will always be posted on the website as well. Once a waiver has been signed, it is good for the entire semester. Individuals may choose to purchase an all inclusive pass or simply pay the drop in fee each time they participate. Individuals are encouraged to consider how often they will be attending in order to better decide the most cost effective way to participate. If anyone participates more than once a week, an all inclusive pass is the least expensive way to go!**

**All inclusive fitness pass holders may reserve a bike for spinning up to one week in advance. Drop in participants may reserve a bike the day of the class. Drop in participants are encouraged to show up at least 15 minutes prior to the spin class to see if a bike will be available.**

**CHECK IN PROCESS:** Once a participant has purchased an all inclusive pass or decided to pay the drop in fee, the process is the same. Each individual should check in at the front desk and present their pass every time you attend class. Once you have checked in and the front desk has confirmed your pass, you will receive a stamp that indicates to the instructor that you have checked in. You may then proceed to the designated area and sign in for that particular class. We ask that every participant sign in every time they attend class at the front desk and in the actual class.

**Thank you for your participation and Commit to be Fit!!!!!!**