

2010 NEW KIDS I CLASSES

WellStar Health Place (Aerobics Room 1)

CLASS DAYS: Monday / Wednesday / Friday ****MUST REGISTER, SEE BACK****

CLASS TIMES: 11:30 am – 12:30 pm

COST: \$55 per session (\$25 one-time program fee for new participants)
Free to Health Place members

WINTER

Session I Jan. 4 - Feb. 12
Session II Feb. 15 - Mar. 26

SUMMER

Session I June 23 - Aug. 2
Session II Aug. 4 to Sep. 29 ^(2,3)

SPRING

Session I Mar. 29 - May 7
Session II May 10 - June 21 ⁽¹⁾

FALL

Session I Oct. 1 - Nov. 10
Session II Nov. 12 - Dec. 17 ^(4,5)

2010 NEW KIDS CHAIR AEROBIC CLASSES

Atherton Place Community Room

These classes offer the participant the benefit of aerobic, strength, and flexibility training from the stability of a seated position.

CLASS DAYS: Monday / Wednesday Friday

CLASS TIMES: 9:30 - 10:15 am 9:30 – 10:00 am

COST: \$27 per session / Free to Atherton Residents and Health Place members

WINTER

Session I Jan. 4 - Feb. 12
Session II Feb. 15 - Mar. 26

SUMMER

Session I June 23 - Aug. 2
Session II Aug. 4 - Sep. 29 ^(2,3)

SPRING

Session I Mar. 29 - May 7
Session II May 10 - June 21⁽¹⁾

FALL

Session I Oct. 1 - Nov. 10
Session II Nov. 12 - Dec. 17 ^(4,5)

- (1) No class 5/31 (Memorial Day)
- (2) No class (Pool Closed 8/9 – 8/20)
- (3) No class 9/6 (Labor Day)
- (4) No class 11/24 – 11/26 (Thanksgiving)
- (5) 14 classes @ \$43

**Session dates listed above are
subject to change.**

WellStar Health Place

New Kids on the Block Class Registration

If you have any further questions or if you have any special needs, please call 770-793-7309

New Kids on the Block is a program designed to address the total wellness needs of individuals 50 and older. New Kids I, New Kids II and New Kids Chair Aerobics are group exercise programs which focus on aerobics, flexibility, and strength training. New Kids on the Block can be taken over and over again. The end result will find you healthier, happier and more fit than when you started.

Registration

1. Individuals who are not currently participating in a class must call the Fitness Coordinator at **770-793-7309** to complete necessary paperwork. Once paperwork is completed, call **770-956-STAR (7827)** to register.
2. Current participants will be given priority registration for classes. Participants who do not pre-register for their class must wait until open registration and call 770-956-STAR in order to re-register. Payments will be made at the time of registration. **Participants are encouraged to register for all sessions being offered at that time to secure a space.**
3. Although there is no fee for members of Health Place, **all participants must register.**

Payments

All payments will be made through 770-956-STAR. In order to secure a space in the class, payment must be received at time of registration. Credit card is the preferred method of payment; however, payroll deduction and checks are also accepted. Except for class pre-registration, payments will not be accepted at Health Place. The **program fee** is a one-time fee and will only be reassessed if the participant does not participate for one year or longer.

Cancellation Policy

If you are unable to attend a class for which you registered - **even if you are a member** - please notify 770-956-STAR in advance so they can release your space. **No refunds will be made.** A Credit Voucher will be issued for class cancellations received at least 7 days prior to the class start date. This voucher may be used to register for future New Kids Classes. (Vouchers expire **6 months** from date of issue).

New Participants

New participants must complete Health History, Waiver, and Physician Clearance forms **before attending class**. Please call the Fitness Coordinator at 770-793-7309 to receive these forms and to begin the registration process. **Completed forms must be on file at Health Place before class participation can begin.**

Attendance

Participants missing 50% of classes will be deleted from the roll at the end of that session. Illnesses and special situations will be taken into consideration and handled on an individual basis.