Small Group Training
Information Packet

General Information

Session Dates: Monday, February 20th - Thursday, April 20th (8 weeks)

Free class demos will be offered Monday, Feb. 13th - Thursday, Feb. 16th at regularly scheduled class times.

After February 16th, class registration is required

Note: Classes will not run during University holidays.

Small Group Training classes utilizes a variety of trendy fitness equipment in a challenging and fun environment. The UREC certified personal training staff will take you on the ultimate fitness experience while providing you with motivation, tips and progression toward your goals.

Class Offerings:

- **UREC RazorFitness** is an eight-week small group training program. Each week builds on the progress made in earlier sessions with exercises designed to improve agility, functional strength, power, and muscular strength. Throughout the program, workouts will deliver varying degrees of intensity, starting with a dynamic warmup and peaking with high-intensity agility and strength exercises utilizing a variety of equipment including TRX Suspension system, ViPR's and TRX Rip trainers. Each UREC RazorFitness team is made up of six participants, creating a friendly and motivational workout environment.

  **Price:** Student members ($25), UREC members ($35)

- **Foam Roll Yoga** is an eight-week small group training class. Each week builds on the progress made in earlier sessions with exercises designed to increase flexibility, body awareness, functional strength, core strength, and recovery. Throughout the program, the yoga practice will start with foam rolling, an energizing flow, and end with relaxing Savasana. Foam Roll Yoga is made up of eight participants, creating an inclusive and encouraging environment. Whether you are a yoga novice or seasoned yogi, our certified yoga teacher will motivate you through inspiring and creative yoga practices.

  **Price:** Student members ($25), UREC members ($35)

- **Inversion and Arm Balance Yoga** is an eight-week small group training class. Discover how inversions and arm balances will offer a different perspective on your yoga practice both physically and mentally. Learn how to invert safely with proper alignment and intention. Participants will learn correct alignment as well as modifications for inversions including handstand, forearm balance, and headstand in an intimate setting.

  **Price:** Student members ($25), UREC members ($35)

- **Outdoor Athlete** is an eight-week small group training class designed to improve strength and fitness directly associated with outdoor activities. The class will dedicate different weeks focusing on training for hiking, paddling, cycling, and climbing. Participants will learn supplemental workouts to improve upon their outdoor activity skills. This class is not limited to individuals who pursue these activities. All levels are welcome!

  **Price:** Student members ($25), UREC members ($35)
Payment must be received at the time of registration. Participants must have all portions of packet completed. Physician clearance form may be required for participants who check “yes” for any listed conditions.

Name: ___________________________ Date of Birth: ________________

Phone: ___________________ Email: ___________________

Section Offerings:
Monday, February 20th - Thursday, April 20th (8 weeks)

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<td>Foam Roll Yoga</td>
<td>Inversion and Arm Balance Yoga</td>
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UREC RazorFitness:
Tuesday/Thursday 6:00-6:50am

___ $25 Student members ___ $35 UREC members

Foam Roll Yoga:
Monday/Wednesday 11:00-11:50pm

___ $25 Student members ___ $35 UREC members

Inversion and Arm Balance Yoga:
Tuesday/Thursday 4:30-5:20pm

___ $25 Student members ___ $35 UREC members

Outdoor Athlete:
Monday/Wednesday 6:45-7:30pm

___ $25 Student members ___ $35 UREC members

UREC RazorFitness:
Monday/Wednesday 12:00-12:50pm

___ $25 Student members ___ $35 UREC members

UREC RazorFitness:
Wednesday 5:30-6:20pm

___ $25 Student members ___ $35 UREC members

UREC RazorFitness:
Tuesday/Thursday 5:30-6:20pm

___ $25 Student members ___ $35 UREC members
Part II: Participation Agreement

I understand the following refund policies of the University Recreation Small Group Training program:

I understand that full payment is due upon registration. I recognize that services are non-refundable, non-transferable, and expire at the end of the semester in which services were purchased. I agree to adhere to all UREC Small Group Training policies and procedures. UREC does not refund for programs affected by restricted parking. For parking information, please visit http://parking.uark.edu/.

_____ (Initial)

Part III: Health History Disclosure

Have you, or an immediate family member, now or in the past experienced: Check all that apply.

<table>
<thead>
<tr>
<th>You</th>
<th>Family</th>
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<tbody>
<tr>
<td>_______</td>
<td>Chest Pain</td>
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<td>_______</td>
<td>Heart Attack</td>
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<td>_______</td>
<td>Heart Disease</td>
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<td>_______</td>
<td>Pacemaker</td>
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<td>_______</td>
<td>High blood pressure (&gt;140/90)</td>
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<td>_______</td>
<td>Diabetes mellitus</td>
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<td>_______</td>
<td>Cancer</td>
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<td>_______</td>
<td>Currently pregnant/postpartum</td>
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<td>_______</td>
<td>Depression</td>
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<td>_______</td>
<td>Low back pain</td>
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<td>_______</td>
<td>Nutrition related disorder</td>
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<tr>
<th>You</th>
<th>Family</th>
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<tbody>
<tr>
<td>_______</td>
<td>Asthma</td>
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<tr>
<td>_______</td>
<td>Bursitis</td>
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<td>_______</td>
<td>Arthritis</td>
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<td>_______</td>
<td>Tendonitis</td>
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<td>_______</td>
<td>Muscle Injury</td>
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<td>Joint injury</td>
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<td>_______</td>
<td>Smoking</td>
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<td>Dizziness</td>
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<tr>
<td>_______</td>
<td>Osteoporosis</td>
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<tr>
<td>_______</td>
<td>High Cholesterol (total &gt; 200)</td>
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If you have checked any above, please explain below:

List all medications you are currently taking:

When exercising, do you feel any of the following?

______ Chest pain
______ Leg aches
______ Shortness of breath
______ Dizziness
______ General fatigue
______ Pressure over the heart

In case of emergency, please contact:
Name________________________ Relationship________________________
Part IV: Release of Liability

In consideration of being permitted to participate in fitness programs and personal training sessions, which may consist of warm-up, flexibility activities, cardio respiratory activities, muscular strength and endurance activities, and fitness assessments: I have volunteered to participate in a program of progressive physical exercise. I waive any possibility of personal damage which may be blamed upon such a program in the future and accept the responsibility for accepting such exercise and assistance.

______ (Initials)

There exists the possibility of certain physiological changes during the program. These include elevated heart rate, muscle or joint pain, abnormal blood pressure, fainting, irregular, fast, or slow heart rhythm, and in rare instances, heart attack, stroke, or death. I hereby acknowledge and accept these risks. Information that I provide about my health status or previous experiences of heart-related symptoms with physical effort may affect the safety of this program. I accept responsibility for fully disclosing my medical history, as well as symptoms that may occur during the program. To my knowledge, I do not have any limiting physical condition or disability, which would preclude an exercise program. I understand that I am responsible for monitoring my own condition throughout exercising, and should any unusual symptoms occur, I will cease my participation and inform the trainer of the symptoms. Unusual symptoms include, but are not limited to the following: chest discomfort, nausea, difficulty in breathing, and joint or muscle pain or strains.

______ (Initials)

An examination by a physician should be obtained by all participants prior to involvement in an exercise program. If a participant refuses to obtain a physician’s consent, he/she must sign the following statement:

I, ______________________, have been informed of the need for a physician’s approval for participation in a progressive exercise and fitness program. I fully understand the strenuous nature of the program and accept complete responsibility for my health and well-being in the voluntary exercise and fitness program and related testing.

______ (Initials)

Other risks of participation in Fitness/Wellness classes and programs include, but are not limited to: trips, falls, collisions, sprains, strains, cuts, bruises, lacerations, broken bones. I understand that the risks and dangers of participation are real. I am still interested in participating and will hold harmless for ordinary negligence the University, its instructors, all employees, the University Recreation Department, and any volunteers involved in this program. I agree that I, my heirs, or any family member will not hold the University negligent for any injuries that may occur during any part of the program. For the right to participate in this program, I freely sign away my rights to sue for negligence.
Part V: Personal Fitness Evaluation

The following questions assist your coach in preparing and monitoring fitness goals. Please answer to the best of your ability and ask your trainer any questions that you may have.

Height: _______________  Weight: _______________

1. Do you have any negative feelings toward or have you had any bad experiences with physical activity programs?

2. Do you have any negative feelings toward or have you had any bad experiences with fitness testing and evaluation?

3. Rate yourself on a scale of 1 to 5, with 1 indicating the lowest value and 5 the highest. Circle the number most applicable for you.

   Characterize your present athletic ability:
   1  2  3  4  5

   Characterize your present cardiovascular capacity:
   1  2  3  4  5

   Characterize your present muscular capacity:
   1  2  3  4  5

   Characterize your present level of flexibility:
   1  2  3  4  5

4. Are you currently involved in regular exercise?
   Yes _____  No _____  If yes, what type of exercise? ______________________

5. What types of activities interest you?

6. What barriers do you think have prevented you in the past from beginning or adhering to an exercise program?

7. Rank your goals 1 to 10, where 1 is the most important to you:

   Improve cardiovascular fitness  _____  Gain weight  _____
   Reduce body fat level  _____  Enjoyment  _____
   Reshape or tone body  _____  Increase strength  _____
   Improve flexibility  _____  Increase energy level  _____
Dear Physician:

Date ___/___/___

Your patient, ____________________________________, has applied to participate in small group training with the University of Arkansas University Recreation Department, which requires your medical clearance 1) due to the “yes” response on the Health History Disclosure and/or 2) the individual is a member of a special population needing additional clearance to begin an exercise program.

Your patient will be involved in an exercise program that will be based on the ACSM’s standards for exercise. He/she will be participating in cardiovascular exercise, strength training, and flexibility exercises during their exercise appointments.

Please indicate below if you approve of your patient’s participation in our one-on-one personal training program. Thank you.

____ I know of no reason why the applicant may not participate.

____ I believe the applicant may participate, but I urge caution because:

________________________________________________________________________

____ The applicant should not engage in the following activities:

________________________________________________________________________

____ I recommend that the applicant NOT participate.

Physician signature______________________________

Physician name printed____________________________

Date___/___/___

Address ____________________________

________________________________________________________________________

Phone ____ - ____ - _________
Please return by mail or fax to Casey Fant. cfant@uark.edu

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<thead>
<tr>
<th>Address</th>
<th>Fax:</th>
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<tbody>
<tr>
<td>HPER 225</td>
<td>479-575-7008 (F)</td>
</tr>
<tr>
<td>155 N. Stadium Dr.</td>
<td>479-575-3542 (P)</td>
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<td>Fayetteville, AR 72701</td>
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