



Upstate Medical University's Institute for Human Performance (IHP) announces the formation of *Vitality!* – The Colleague Program. This program, modeled on the highly successful *Vitality!* – Targeted Fitness Programs, is designed to offer Upstate's staff, faculty, students and volunteers an opportunity to utilize the outstanding staff and facilities of the IHP to improve themselves. The schedule calls for the Colleague Programs to begin in the fall of this year.

To pre-register for the program please provide the following information and send this form to:

Carol Sames, Ph.D., Vitality Program Director, Room 2016 IHP

Forms may also be sent as an e-mail attachment to samesc@upstate.edu. Thank you.

Name: _____

Upstate Affiliation: _____

Should we contact you at ___ work ___ home

Work mailing address: Room number _____ Building _____ Phone Number _____

Home Address: _____

Home Phone: (_____) _____ Best time to call _____ AM _____ PM

E-Mail Address _____

Program Frequency ___ Twice a Week (\$45 a month) ___ Three Times a week (\$60 a month)

Program ___ Cardiovascular/Strength Training ___ Water Aerobics Program

Preferred Times (Please rate your first four selections)

Cardiovascular/Strength Training (Weekdays)

- ___ 7:00 AM
- ___ 8:15 AM
- ___ 9:30 AM
- ___ 11:00 AM
- ___ 12:00 PM
- ___ 2:00 PM
- ___ 3:00 PM
- ___ 4:00 PM
- ___ 5:00 PM
- ___ 6:00 PM
- ___ 7:00 PM

_____ Other (please specify preference)

Water Program (Weekdays)

- ___ 7:00 AM
- ___ 8:00 AM
- ___ 9:00 AM
- ___ 10:00 AM
- ___ 11:00 AM
- ___ 12:00 PM
- ___ 2:00 PM
- ___ 3:00 PM
- ___ 4:30 PM
- ___ 5:30 PM
- ___ 6:30 PM

_____ Other (please specify preference)

Are you interested in weekend classes ___ Yes ___ No - If yes, ___ AM ___ PM