

Registration Form

Member Guest
(check one)

Name _____

Address _____

Phone _____

Emergency Contact:

Name _____

Phone _____

Fitness Program Monthly Session

Fee Enclosed \$ _____

Personal Training Sessions

Fee Enclosed \$ _____

Send Check Payable to:

Hillsdale College Fitness Program

Attn: Alesia Aumock



I n s t r u c t o r
A l e s i a A u m o c k

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a l e s i a . a u m o c k
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K i c k b o x i n g
G r o u p F i t n e s s
S t e p T r a i n i n g I n s t r u c t o r
W e i g h t R o o m S p e c i a l i s t



HILLSDALE COLLEGE
PURSUING TRUTH · DEFENDING LIBERTY SINCE 1844

33 EAST COLLEGE STREET
HILLSDALE, MICHIGAN 49242
HILLSDALE.EDU



HILLSDALE COLLEGE

Fitness Program

Established 1989

George Roche

Health & Physical

Education Sports Complex

Sept. 1st—29th Oct. 3rd-27th

Nov. 1st-30th Dec. 1st-14th



New: Open Studio (for your personal workouts), Group Fitness Classes, and limited Personal Fitness



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**Air Conditioned Studio
Equipment Provided**

**Bring: Towel , Water Bottle,
& I-pod for Personal Workouts**

**Required: Supportive Shoes
Medical Clearance**



INFORMATION:

Call 517-607-3170

or

Email: alesia.aumock@hillsdale.edu

Fitness Program includes a variety of equipment for your personal workouts, group fitness instruction, & limited personal fitness training

Fall 2011 Fitness Program

(Personal Workouts & Group Instruction)

Exercise Studio Hours of Operation:

Mondays & Wednesdays

9:00- 9:30 a.m. OPEN

9:30-10:00 a.m. Strength Circuit

10:00-10:30 a.m. Cardio

10:30-11:00 a.m. Pilates

Tuesdays & Thursdays

5:00 p.m.-5:30 p.m. OPEN

5:30-6:00 p.m. Strength Circuit

6:00-6:30 p.m. Cardio

6:30-7:00 p.m. Pilates

**Personal Training
Mondays, Wednesdays, & Fridays**

MONTHLY FEES:

(unused hours do not rollover)

Members

**\$1.50/thirty-minute workout
(\$12 minimum/month)**

Guests

**\$2.50/thirty-minute workout
(\$20 minimum/month)**

Personal Training Fees

Private=\$30/Hour

Buddy=\$40/Hour

Triple=\$50/Hour

Quad=\$60/Hour

