St. Francis Group Exercise Classes

St. Francis Medical Center | 6001 E. Woodmen Road | Colorado Springs 80923
Wellness Center Group Exercise Room, Garden Level Basement | (719) 776-7393

Group Ex

Class cancellations: All classes on Labor Day, September 3

	Monday	Tuesday	Wednesday	Thursday	Friday
12:00 PM			**Express Tabata** 30 minutes *Chauncey*		
3:45 PM		**Body Toning** 45 minutes *Nicole*			
4:45 PM				**Zumba** 45 minutes *Nicole*	
5:15 PM			**Barbell Mix** 60 minutes *Kristine*		

Class Descriptions

All Penrose St. Francis instructors maintain professional certifications from nationally accredited agencies.

Barbell Mix: *This class utilizes barbell exercises along with other tools designed to challenge your muscles, build lean body mass, muscle definition, & torch fat! This is a moderate-high intensity class.*

Body Toning: *This strength training class is formatted to engage all muscles in your body. Exercise modifications are given. Class finishes with a gentle stretch.*

Express Tabata: *Tabata training involves high-intensity interval training (HIIT) using a variety of exercises. Push yourself as hard as you can for 20 seconds and rest for 10 seconds for each set.*

Zumba: *This high energy class fuses hypnotic Latin rhythms, international flavor, & easy-to-follow dance moves. It's so much fun you'll be wondering where the time went! All fitness levels welcome.*

PSF Wellness Center offers group fitness classes to Centura employees, volunteers and the public.

Receive communication about classes by texting PSF Wellness to 84483.

Weather hotline 719-776-5595.

Find our schedule online at Penrosestfrancis.org/community

Penrose-St. Francis Wellness Center
Centura Health

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Last update 8/24/18

Group Exercise Membership

Group Ex

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Centura Health

OPTION A

Available to Centura employees & spouses

Group Ex Unlimited Membership—Monthly

Take unlimited classes at either location! Form of payment: Monthly recurring **payroll deduction***. Must complete a payroll deduction form. No refunds or freezes. Please call 776-7393 to cancel.

Centura employees & spouses
$25/month payroll deduction* only

Available to volunteers & public

Group Ex Unlimited Membership—6 month

(January -June or July -December)

Take unlimited classes at either location! Form of payment: **Check or credit card**. No cash accepted.

Volunteers & public
$180/6 month

OPTION B

Available to all

Punch Card

Can be used at both locations and expire one year from purchase. Forms of payment: **Payroll deduction***, check or credit card. No cash accepted.

# of classes on punch card	Card price/ cost per
5 Classes	$30/ $6
10 Classes	$50/ $5
20 Classes	$80/ $4

Paying for your membership...

By credit card?

Please contact the Penrose Wellness Center or by phone at 776-7393 or 776-7394.

With a personal check?

Drop this completed form along with your check into one of our Wellness Center Services drop boxes. Check can be made payable to *PSF Wellness Center*.

*By payroll deduction?

Please complete a payroll deduction form. Drop the form into one of our Wellness Center Services drop boxes or deliver it in person.

Your information (all fields required)

Name	
Home # Mobile #	
Email	

Membership option: $25/month (payroll deduction* only) ☐ $180/6 months (check or credit card only)	
I would like to purchase a punch card for	☐ 5 classes ☐ 10 classes ☐ 20 classes
At which location would you like your punch card?	☐ Penrose ☐ St. Francis
If a Centura employee, at which location do you work?	☐ Penrose ☐ St. Francis ☐ Offsite
If a Centura employee, are you clinical?	Y or N

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Last update 8/24/18

Group Exercise Classes Policies and Procedures

Group Ex

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Penrose-St. Francis Wellness Center

Centura Health

Registration

- Registration is required by calling **(719) 776-7393** and full payment is required a minimum of 24 hours prior to start of session and is non-refundable.
- Punch cards are available in 5, 10, or 20 class packages.
- Purchasing a package or punch card does not guarantee a spot in classes. Class capacity is limited.

Class Cancellation/Low Participation

- Based on class participation, classes may be cancelled after the first 2 weeks of classes.
- As long as we have your updated contact information, participants will be notified which classes have been cancelled.

Weather Cancellations & Text Alerts

- You can call the weather hotline at (719) 776-5595 for weather related cancellations or you can choose to receive text alerts from PSF Wellness by texting PSFWellness to 84483.
- The weather hotline is updated at least 1 hour prior to class during periods of inclement weather. ***Exception:*** If D-11 has delays or cancellations, classes prior to 11am will be cancelled at PH.
- Participants will not be refunded for cancelled classes.

Payments

- The Wellness Center accepts payroll deduction forms, checks (made out to PSF Wellness) or credit/debit. Cash is not accepted.
- Drop off registration/payment at either locations' Wellness Center. Outside of office hours a drop box is available. You'll find one in the Wellness Center lobby at PH. At SFMC one is located outside of the Wellness Center office and the other outside the Group Exercise room.
- To pay by credit/debit, please call **(719) 776-7393.**

Refunds/Prorating

- Refunds are generally not given, but will be considered on a case-by-case basis. If you are requesting a refund, please call **(719) 776-7393.**
- Prorating is not available. A participant may purchase a punch card if they join a session late.

Punch Cards

- Purchased cards will be kept in the designated Group Exercise room at all times.
- Participants are required to punch their card every time they attend a class. Punch cards expire one year from purchase and are non-refundable.
- The PSF Wellness Center is not responsible for lost or stolen cards.
- Participants who purchase the card will be put into a database and be notified of all class cancellations throughout the year or can sign up for text alerts (see above).

Other

- No children under the age of 12 may attend a PSF Wellness Center group exercise class. Children under 12 cannot be left unsupervised at any time. Children 12 and up can attend

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