

Longwood Campus Recreation
Private Group Fitness Class Request Form

Requestor name _____

Organization _____

Phone number _____

Email _____

Classes available – each class is 60 minutes and costs \$30 for entire class (not per participant). Please check desired class.

Yoga – up to 25 participants

Pilates – up to 25 participants

Barre – up to 15 participants

Butts N Guts – up to 25 participants

Bootcamp – up to 25 participants

Spin – up to 15 participants

Barbells – up to 25 participants

Please list 3 possible dates and times for class. We will do our best to accommodate based on instructor and studio availability.

1) _____

2) _____

3) _____

Method of payment

Cash

Check

Lancer Cash

Anticipated number of participants _____

All classes take place in the group fitness studio of the Health & Fitness Center. Please submit this form 2 weeks prior to the desired date of the class. For questions, please email Abbie McDonald at mcdonaldal2@longwood.edu or call x2175. Form may be submitted via email or in person at Health & Fitness Center room 304.