January 26th – March 6th 2015

ChantFit is a 6-week health and fitness program that uses personal accountability and seeks to help you reach your goals. Whether you want to Be Healthy, Lose Weight, or Get Stronger, we provide the encouragement, motivation and community to help you succeed!

Registration begins January 12th at the Welcome Desk in the HTC Student Recreation Center.
Program fees: $45 (total value of program $200 in training sessions alone)

Registration process begins here:

Step #1: What are your goals?

Goal 1: Are you looking to live a healthier lifestyle and become more active in your day?

Goal 2: Have you wanted to lose weight, but need encouragement and accountability to help you get there?

Goal 3: Looking for a challenge or someone to push you to take your workout to the next level?

Step #2: What type of exerciser are you currently?

Beginner: Uncertain about what to do while in the gym, unfamiliar with equipment.

Intermediate: Somewhat familiar with equipment. Usually do the same thing every time you come to the gym.

Advanced: Frequent the gym, know how to use most equipment, able to come up with effective workouts on your own.

Step #3: Select a trainer based on the times that work with your schedule.

Step #4: Fill out registration form to include the above information as well as the health history questionnaire.

Step #5: You will be contacted to set up a time for your fitness assessment the week of Jan 20-23.

Step #6: Join us for a ChantFit trainer workout Saturday Jan 24 to kick off our program.

Fitness assessments: Week of Jan 20-23 You’re assigned trainer will contact you to sign up for a time.

CHANTFit Kickoff event: Pick up your t-shirt, join us for a group workout to kick off the program, Saturday January 24 at 11am in Studio #2 at the HTC Student Recreation Center. RSVP for this event on your registration form.
CHANTFIT Participation Points

- **Group Exercise Cards**: Each participant will receive a Group Exercise Card that holds 10 classes. You can attend classes to earn points for CHANTFIT. If you fill your card, you are awarded 25 points. Once you fill your card, please leave it in the file box under your last name.

- **Personal Trainer Workout**: Each participant is expected to attend their scheduled workouts with their trainer weekly. Each workout with a trainer earns you 5 points. You will sign in for each workout to ensure you get credit for each workout.

- **Exercise Tracker & personal workouts**: By keeping track of your own workouts and recording them on your tracker, this will help you stay accountable to your goals. You will also be encouraged to utilize My Fitness Pal or Run Keeper apps to help you stay on track. You will turn in your tracker/or print out of activity at the end of the program. You will be awarded 1pt per week if you complete 2 personal (on your own) workouts. Your tracker needs to be turned in by Monday, March 9 for credit.

Prizes for Top Participants

For those earning the most points we will award the top 3 males & top 3 females in each track, a Campus Recreation Hoodie. For earning those points, you will also be in a drawing for 12 free sessions of personal training.
Trainers and Session Times Available for Registration
You will select only 1 day/time combination that works for your own personal schedule for the 6-week period. You will select these times when registration opens. We will take first come, first serve for each of the time slots.
Registration starts Monday Jan 12, 2015 at the HTC Student Recreation Center Welcome Desk.

Below are the times available to train for the program. You will select these at the time of Registration.

Trainer: Ronnie Nacastro (3 Client slots available at each time)
Mon & Wed 4pm       Mon & Wed 5pm       Tue & Thur 6pm       Tue & Thur 7pm

Trainer: Jonathan Young (3 Client slots available at each time)
Mon & Thurs 7pm      Mon & Thurs 8pm

Trainer: Kerry Smith (3 Client slots available at each time)
Mon & Wed 12pm       Tue & Thu 1pm       Tue & Thu 5pm       Tue & Thu 6pm

Trainer: Adrienne Marola (3 Client slots available at each time)
Tue & Thurs 6:30pm   Tue & Thur 7:30pm

Trainer: Ashley Balyeat (2 Client slots available at each time)
Tue & Thurs 12pm