

DATE: _____

INSTRUCTOR: _____

- | | | | |
|---|--|--|--|
| TIME | <input type="checkbox"/> 10:30am | <input type="checkbox"/> 4:45pm | <input type="checkbox"/> 5:30pm |
| <input type="checkbox"/> 9:30am | <input type="checkbox"/> 3:30pm | <input type="checkbox"/> 5:00pm | <input type="checkbox"/> 6:00pm |
| <input type="checkbox"/> 10:00am | <input type="checkbox"/> 4:30pm | <input type="checkbox"/> 5:15pm | <input type="checkbox"/> 6:30pm |
| INSTRUCTOR | <input type="checkbox"/> Cathy | <input type="checkbox"/> Don | <input type="checkbox"/> Nikki |
| <input type="checkbox"/> Barb | <input type="checkbox"/> Cheryl | <input type="checkbox"/> Julia | <input type="checkbox"/> Sarah |
| <input type="checkbox"/> Becky | <input type="checkbox"/> Dewana | <input type="checkbox"/> Melissa | <input type="checkbox"/> Other _____ |
| CLASS NAME | <input type="checkbox"/> Cardio | <input type="checkbox"/> R.I.P.P.E.D. | <input type="checkbox"/> Yoga |
| <input type="checkbox"/> Beginner Body Sculpt | <input type="checkbox"/> Cardio/Interval Training | <input type="checkbox"/> Silver Sneakers Classic | <input type="checkbox"/> Zumba (Pineville) |
| <input type="checkbox"/> Beginner Step/Cardio | <input type="checkbox"/> Gut & Butt Sculpting | <input type="checkbox"/> Step | <input type="checkbox"/> Zumba Toning |
| <input type="checkbox"/> Beginner Yoga | <input type="checkbox"/> Interval Training (Pineville) | <input type="checkbox"/> Step/Cardio | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Body Sculpt | | <input type="checkbox"/> Step/Interval Training | |

PARTICIPANTS

- | | |
|-----------|-----------|
| 1. _____ | 16. _____ |
| 2. _____ | 17. _____ |
| 3. _____ | 18. _____ |
| 4. _____ | 19. _____ |
| 5. _____ | 20. _____ |
| 6. _____ | 21. _____ |
| 7. _____ | 22. _____ |
| 8. _____ | 23. _____ |
| 9. _____ | 24. _____ |
| 10. _____ | 25. _____ |
| 11. _____ | 26. _____ |
| 12. _____ | 27. _____ |
| 13. _____ | 28. _____ |
| 14. _____ | 29. _____ |
| 15. _____ | 30. _____ |

AFTER CLASS CHECKLIST

- Sign in sheet is completely filled out.
- Exercise balls, mats, steps, bands, dumbbells, etc. are returned to their proper place.
- Floor is dust/spot mopped (after the last class).
- Audio equipment is turned off (after the last class).
- Floor fan is turned off(after the last class).
- Mirrors are free of smudges/prints (after last class).
- Thermostat is reset to appropriate degrees (after last class).
- Lights are set to automatic and turned off (after last class).