

Upon completion, this form must be submitted to Jamie Swyers at jdarding2@liberty.edu. Fees will be determined upon completion of this form at the discretion of the Campus Recreation Department. Requests must be submitted at least one month prior to the date requested. Completing this form does not guarantee approval of your event. For more information please contact the LaHaye Student Union at (434) 592-3221.

Date(s) Requested: _____

Liberty University Department: _____

Event Type:

Speaking:

- Fitness 101: Assess and Revamp Your Exercise Program
- Finish Strong: How to Stay Motivated to Achieve Your Goals
- The Balancing Act: Fitness For Busy People
- Getting Started: How to Begin an Exercise Program
- The Truth About Fitness Trends
- 7 Steps To Raise Your EQ
- Microwavable Meals: Fast, Fresh, & Fun
- Why Whole Grains?
- Fueling Your Workouts
- GMOs: Should I Be Concerned?

Pop Up Classes:

- Pilates
- Foam Rolling
- No Equipment Boot Camp
- Sweat-Free Fit Break
- Other: _____

Consultations:

- Personal Trainer Consultation
- Dietitian Consultation
- Health Coach Consultation

Requested Time: _____ Location: _____

Size of Space: _____ Number of Persons Attending: _____

Demographic Description (age, gender etc.): _____

Technology Available (Stereo, PowerPoint Screen, etc.): _____

Requestor (PRINT): _____ Phone: _____

Address: _____ Cell: _____

City, State, Zip: _____ Email: _____

Signature: _____ Date: _____

For Office Use Only: Manager's Initials: _____	Today's Date: _____	Time: _____
Amount Due: _____	Date Paid: _____	Work Order #: _____
Approval Signature: _____	Date: _____	