

## DEPARTMENT OF PHYSICAL AND HEALTH EDUCATION COMMENCES LASU FITNESS PROGRAMME

The Department of Physical and Health Education (PHE), Faculty of Education, has commenced the LASU Fitness Programme.

The programme is to render services in the following areas:

- (i) Weight Loss/Control
- (ii) General Fitness
- (iii) Aerobic Dance
- (iv) Health Condition Management

### Tariff

This is categorized into three as follows: staff, student and family for LASU Community. For public clients, it is categorised into (i) individuals and (ii) family.

#### A. Registration Form

LASU Community		Public	
Staff	- ₦1,000.00	₦1,500.00	- Individual
Student	- ₦500.00	-	
Family	- ₦2,500.00	₦4,000.00	- Max of six members

#### B. Programmes

- (i) General Fitness and Aerobic Dance

#### LASU Community

Duration	Individual Staff	Individual Student	Family
1 Month	₦2,500.00	₦1,500.00	₦6,000.00
3 Months	₦6,000.00	₦4,000.00	₦15,000.00
6 Months	₦10,000.00	₦7,500.00	₦40,000.00

.../2.

- 2 -

#### Public

Duration	Individual	Family
1 Month	₦4,000.00	₦10,000.00
3 Months	₦10,000.00	₦25,000.00
6 Months	₦15,000.00	₦60,000.00

- (ii) Health Condition/Weight Loss

An amount of N2,000.00 per month per category in either LASU Community or Public would be charged in addition to the charges on general fitness and aerobic dance programme for clients on health condition/weight loss programme.

#### Payment

All payments should be made as follows:

Bank - Sterling Bank Plc.  
Name of Account - LASU Fitness Programme  
Account No. - 22215938411

After every payment, receipt should be obtained at the Bursary and should be taken to the Department of PHE (Exercise Physiology/Human Performance Laboratory) for registration.

For additional information, please contact the Ag. Head, Department of Physical and Health Education or call 01-8547291.

KEEP FIT AND STAY HEALTHY FOR YOUR WELL BEING

UNIVERSITY MANAGEMENT