

Calabogie Pilates & More

"Stay In Shape The Fun Way"

www.calabogiepilatesandmore.com 613.752.1540



2016 Fall Registration Form

NAME: _____

PHONE: _____

EMAIL: _____

Wear appropriate clothing. Bring exercise mat & thick blanket. Beginner Pilates bring 2lb hand weights. Intermediate Pilates bring 2lb hand weights & foam roller. Back Fitness & Stretch bring foam roller.

Payment by cash or cheque payable to Susan Veale.

Course Programs	Date	Day	Time	Cost (+HST)	Early Registration By
Beginner's Pilates	Sept 26 – Dec 19	Monday	5:00pm – 6:00pm	\$120.00	Sept 19/16
Beginner's Pilates	Oct 13 – Dec 15	Thursday	8:30am – 9:30am	\$100.00	Sept 19/16
Inter / Adv Pilates	Sept 26 – Dec 19	Monday	6:15pm – 7:15pm	\$120.00	Sept 19/16
Inter / Adv Pilates	Oct 13 – Dec 15	Thursday	9:45am – 10:45am	\$100.00	Sept 19/16
Back Fitness & Stretch	Sept 26 – Dec 19	Monday	3:45pm – 4:45pm	\$120.00	Sept 19/16

** No Class Monday, October 10th

I would like to participate in the following programs:

(10% discount on second or more programs)

Program 1:

Program 2:

Program 3:

Assumption of Risk and Release of Liability This is a release of legal rights. Please read and understand before signing.

I, (print your name), _____, (henceforth known as the "Participant") freely choose to participate in the "Calabogie Pilates & More" programs offered by Wellness Natural Health Centre. I agree to release, indemnify, and defend the Wellness Natural Health Centre and any of its officials, officers, employees and agents from and against any claim which I, the participant, may have for any losses, damages or injuries arising out of or in connection with my participation in any Wellness Natural Health Centre Program. I indicate that by my signature below that I have carefully read this release clause and acknowledge that I understand it.

SIGNATURE: _____ DATE: _____