

Complete Core Athletics & Fitness REGISTRATION FORM

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|--|---|
| Name : | Phone : |
| Address: | |
| Email: | |
| Emergency Contact: | |
| Date of Birth: | AHC: |
| Session: (Please Circle) Morinville Bootcamp: Full Session Mondays Only Thursdays Only | Payment amount : Payment Method: Cash Cheque |

Please make your cheque payable to Janeene Gist (address below). Cheques will be cashed as they are received. Once the session has begun, no refunds will be given.

Please mail a **complete registration package** to Janeene at Box 1727 Gibbons, AB T0A 1N0. This includes:

- Completed registration form (above) Payment
- Signed liability form Completed and signed PAR-Q form. (only if this is your first time attending)
- If necessary, a completed and signed PAR-MedX form. This is only necessary if you answered "Yes" to any of the questions on the PAR-Q. This form is available online at <http://uwfitness.uwaterloo.ca/PDF/parmedx.pdf>. Your doctor fills this form out.

Other information: Bring a water bottle. Be sure to wear a good pair of cross training/running shoes. We may try to get outside weather permitting! Also please be sure to bring a set of free weights for Bootcamp, & Trifecta classes.