

Winter 2012

Complete Core Athletics & Fitness

REGISTRATION FORM

Name :	Phone :
Address:	
Email:	
Emergency Contact:	
Date of Birth:	AHC:
<p>Session: (Please Circle)</p> <p>Evening Gibbons Bootcamp: (\$120half / \$240 full) Full Session Tuesdays Only Thursday Only</p> <p>Afternoon Gibbons Bootcamp: (\$120half / \$240 full) Full Session Tuesdays Only Thursday Only</p> <p><u>\$120.00 / class</u> StepN'Sculpt</p> <p>Weight Training & HIIT Cardio – In Studio Mon Tues Wed Thurs Fri</p>	<p>Payment amount :</p> <p>Class: \$ _____ +</p> <p>GST (5%) \$ _____</p> <p>TOTAL: \$ _____</p> <p>Payment Method: Cash Cheque Online</p>

Please make your cheque payable to COMPLETE CORE ATHLETICS & FITNESS (address below). Cheques will be cashed as they are received. Once the session has started, no refunds will be given.

Please mail a complete registration package to Complete Core Athletics & Fitness c/o Janeene Gist 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. *Also please be sure to bring a set of free weights for Bootcamp & Step N Sculpt classes.*