**2019 Fall Fitness Classes and Personal/Group Training Registration Form**

**#NOTE- Fitness Classes are FREE for students. If you are a student please complete this form and submit to the front desk at the North Gym. For EDC Students, hand in sheet to Fitness Instructor.**

|  |  |
| --- | --- |
| Last name: | First name: |
| Cell #: | Daytime # |
| Email: Staff/Student # | |

Emergency Contact Name: Emergency Contact #:

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Please circle one:** | | Student | Staff | | Associate | | Alumni Community | |
| **Class** | | **Day and Time** | | | **Dates** | | **# of sessions** | **Location** | **Cost** | | **Please Register me in** |
| Self Defense | | Monday  12:05pm to 12:50pm | | | Sept 16,23,30 Oct 7,21,28 Nov 4,18,25  Dec 2 | | 10 | North Gym | $70  XFITC | |  |
| Yoga | | Monday  4:15pm to 5:15pm | | | Sept 16,23,30 Oct 7,21,28 Nov 4,18,25  Dec 2 | | 10 | South Gym | $70  XFITC | |  |
| HIIT Training | | Tuesday  12:05pm to 12:50pm | | | Sept 17,24 Oct 1,8,15,22,29 Nov 5,12,19 | | 10 | North Gym | $70  XFITC | |  |
| Block Therapy | | Tuesday  4:15pm to 5:00pm | | | Oct 1,8,15,22 | | 4 | Selkirk Lounge | $20 | |  |
| Yoga | | Wednesday  12:05pm to 12:50pm | | | Sept 25 Oct 2,9,23,30 Nov 6,20,27 Dec 4 | | 9 | South Gym | $60  XFITC | |  |
| Morning Boot Camp | | Thursday 7:00am to 7:45am | | | Oct 3,10,17,24,31 | | 5 | North Gym | FREE | |  |
| HIIT Training | | Thursday  12:05pm to 12:50pm | | | Sept 19,26  Oct 3,10,17,24,31  7,14,21 | | 10 | North Gym | $70  XFITC | |  |
| Afternoon Boot Camp | | Thursday  4:15pm to 5:00pm | | | Nov 7,14,21,28  Dec 5 | | 5 | North Gym | FREE | |  |
| Yoga at EDC | | Thursday  4:15pm to 5:15pm | | | Oct 3,10,24,31  Nov 7,14 | | 6 | Princess Campus  P107 | $35  XFITC | |  |
| Women and Weights | | Saturdays  10:00am to 10:45am | | | Sept 28 Oct 5,12,19 | | 4 | North Gym | Free (Women only class) | |  |
| Drop in Ten | | A drop in card can be used for any class provided equipment is available. First priority will be given to individuals registered in that specific class. | | | | | 10 |  | $85  XFITC | |  |
| Drop in Five | | Same has above | | | | | 5 |  | $50  XFITC | |  |
| Body Composition Analysis(30min) | | | | | | | 1 |  | $40.00 XFITC | |  |
| Fitness Appraisals (90min) | | | | | | | 1 |  | $60.00 XFITC | |  |
| Personal Training (60min/session)  Price Per Session | | | | | | | Unlimited |  | 1=$50.00, 2,3,4=$45.00  5+=$40.00 XFITC | |  |
| Group Training 2 people | | | | | | | Unlimited |  | $60.00/session XFITC | |  |
| Group Training 3 people | | | | | | | Unlimited |  | $75.00/session XFITC | |  |
| Group Training 4 people | | | | | | | Unlimited |  | $80.00/session XFITC | |  |
|  | | Total | | | | | | | | |  |
|  | | GST | | | | | | | | |  |

Please complete this form and take it to Student Services Centre for payment. Prices DO NOT include GST. Student Services will keep this form and stamp with "Paid". Please keep your original receipt.

For drop-ins please sign in with the instructor before the start of each class, they will have the forms.

**Fitness Classes Cancellation Policy**

Full refund will be granted if you cancel on or before the first day of class. No refund will be granted if cancellation occurs after the start date with the exception due to medical reasons (requires a doctors note). Refunds will be prorated based on the number of classes remaining in the schedule.

A fitness class maybe cancelled in the event of low registration. If this occurs a refund will be issued for the full amount.

Note: All refund requests are being processed through a centralized system in financial services.

**Informed Consent**

I am requesting registration for the above fitness classes/programs offered at Red River College by the Recreation Services Department. I hereby affirm that I am in good physical condition and do not suffer from any disability which would prevent me or limit my participation in an exercise class/program. In consideration of my participation in the fitness classes/programs I release Red River College and Red River College employees from any claims, demands, and causes of action arising from my participation in the Recreation Department fitness classes/programs. I fully understand that I may injure myself as a result of my participation, and I, hereby release Red River College from any liability now or in the future including, but not limited to heart attacks, muscle strain, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries and any other illness, soreness or injury however caused, occurring during, or after my participation in the fitness classes/programs.

I hereby affirm that I have read and fully understand the above.

Date:

Print Name:

Signature: