

Nordic Walkfit Pre-registration Form - Fall Session: Sept. 13 - Nov. 6, 2010

We are encouraging all participants to pre-register for our Nordic Walkfit classes in advance of the classes which begin September 13, 2010. This will help to ensure that there is room for you. Please note that class sizes vary but the number of poles for loan is limited. Pre-registration guarantees your spot in the class.

Name:

Address:

City:

Postal Code:

Home Phone:

Email:

For the Fall Session I would like to register for the following classes: (please check off)

<u>CHOICE</u>	<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>
___	MONDAY	9:30-10:30 am	Gentle and Beginner Nordic Walkfit
___	MONDAY	9:30-10:30 am	Level 1&2 Fat Burner Nordic Walkfit
___	TUESDAY	5:30- 6:30 pm	Butt, Balance and Core (BBC)
___	WEDNESDAY	9:30-10:30 am	Butt, Balance and Core (BBC)
___	THURSDAY	5:30- 6:30 pm	Level 1&2 Fat Burner Nordic Walkfit
___	FRIDAY	9:30-10:30 am	Gentle and Beginner Nordic Walkfit
___	FRIDAY	9:30-10:30 am	Level 1&2 Fat Burner Nordic Walkfit
___	SATURDAY	9:00-10:00 am	5k, 10k, 1/2 Marathon Nordic Walk Training
___	SATURDAY	10:30-11:30 am	Pilates and Tone Nordic Walking

Payment : Please make cheques payable to Wendi Paterson

(All prices include HST)

Once a week for 8 weeks	Twice a week for 8 weeks (\$3.00 discount applied)	Three times a week for 8 weeks (\$5.00 discount applied)
___ \$54.25 using your own poles	___ \$105.50 using your own poles	___ \$157.75 using your own poles
___ \$63.25 using our poles	___ \$123.50 using our poles	___ \$184.75 using our poles

(__ YES) (__ NO) I am including a copy of ParQ or waiver available at <http://www.nordicwalkfit.com/Forms.aspx>

(ParQ's and Waivers are required from new participants only or anyone whose health status has changed since the last time they filled one out for Nordic Walking)

Please complete the [Emergency Contact Card](#) and carry it with you during class.

Please complete the registration form above and send it along with your cheque, [ParQ's](#), and [Waivers](#) to:

Wendi Paterson
3041 Ridgetop Rd
Dunrobin, Ontario
K0A 1T0