

2018 Winter 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 #: _____ Email #: _____

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
Metabolic Resistance Training	Monday 12:05pm to 12:50pm	January 15,22,29 February 5,12,,26 March 5,12,19, 26	10	North Gym	\$70 XFITC	
Yoga	Monday 4:15pm to 5:15pm	January 15,22,29 February 5,12,19,26 March 5,12,19, 26	10	South Gym	\$70 XFITC	
Boot Camp	Tuesday 12:05pm to 12:50pm	January 16,23,30 February 6,13 March 6,14,20,27 April 3	10	North Gym	\$70 XFITC	
Zumba	Tuesday 4:15 to 5:00pm	January 30 February 6,13,20	4	North Gym	\$20	
Block Therapy	Tuesday 4:15pm to 5:00pm	February 27 March 6,13,20	4	Selkirk Lounge	\$20	
Block Therapy at EDC	Tuesday 4:15pm to 5:00pm	April 10,17, May 1,8	4	Princess Campus P107	\$20	
Circuit Training	Wednesday 12:05pm to 12:50pm	January 17,24,31 February 7,14 March 7,14,21,28 April 4	10	North Gym	\$70 XFITC	
Yoga	Wednesday 4:15pm to 5:15pm	January 17,24,31 February 7,14,21,28 March 7,14,21	10	South Gym	\$70 XFITC	
Dynamic Core	Thursday 12:05pm to 12:50pm	January 18,25 February 1,8,15 March 8,15,22,29 April 5	10	North Gym	\$70 XFITC	
Boot Camp	Thursday 4:15pm to 5:00pm	January 18,25 February 1,8,15 March 8,15,22,29 April 5	10	North Gym	\$70 XFITC	
Yoga at EDC	Thursday 4:15pm to 5:15pm	January 18,25 February 1,8,15,22 March 1,8,15,22	10	Princess Campus P107	\$70 XFITC	
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

Total Cost

Fill out both sides of page to compete form.

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: _____