

# Inner Hero

Fall 2010 Pilates Group Class Registration Form  
PLEASE PRINT CLEARLY

Name: \_\_\_\_\_ Address \_\_\_\_\_

Tel: \_\_\_\_\_

\*Email \_\_\_\_\_

\*Your email address is used to send your receipt, advise you of any scheduling changes and let you know about upcoming registration. Emails from us will always include the word "Pilates" in the subject line.

Check the statement(s) that best describes you:

- I've never tried Pilates and I'm starting a new fitness routine
- I've never tried Pilates but I exercise regularly, \_\_\_\_\_ time(s) each week
- I've tried Pilates once or twice before
- I've been doing Pilates now for \_\_\_\_\_ # months / \_\_\_\_\_ # years

How did you find us?  Toronto Life Fitness & Wellness Guide  Google  Yahoo!  Toronto.com

Someone taking classes - Who? \_\_\_\_\_  Other \_\_\_\_\_

Prices include 13% HST. There are 14 classes each on Monday & Wednesday, 13 Saturday classes and 11 Thursday classes in the Fall program. If you finish all of your classes before the season ends, you can purchase additional classes at the regular price per class you paid when you registered, (does not include special discounts like the "Living Social" promotion.) All Full Season classes, including make up classes, must be completed by Dec 20, 2010. Make your cheque payable to INNER HERO or arrange an email money transfer.

~~Sat Basic Intermediate at 10:00am-11am, Sep 18 - Dec 18~~ ~~CLOSED SAT OCT 9~~ Class is FULL

~~Sat Beginner at 11:15am-12:15pm, Sep 18 - Dec 18~~ ~~CLOSED SAT OCT 16~~ Class is FULL

Mon Advanced at 6:45pm-7:45pm, Sep 13 - Dec 20 ~~CLOSED MON OCT 11~~

~~Wed Intermediate at 6:45pm-7:45pm, Sep 15 - Dec 15~~ Class is FULL

~~Thurs Beginner/Basic Int. at 6:45pm-7:45pm, Oct 7 - Dec 16~~ Class is FULL

Fall Full Season: 13 or 14 Mon, Wed, Sat Classes

paid AFTER Aug 30th, 2010..... \$215

paid ON or BEFORE Aug 30th, 2010 ..... \$195

Fall Full Season: 11 Thursday Classes

paid AFTER Sep 18th, 2010..... \$170

Fall Drop-in Classes

5 classes valid 60 days from 1<sup>st</sup> visit ..... \$85

1 drop-in..... \$20

Waiver and Terms of Service (Please read carefully)

I understand and am aware that this Pilates program, like all fitness activities, involves a risk of injury and that I am voluntarily participating in this program and accepting all risks. I will advise my instructor of any physical condition that may affect my participation. I release Inner Hero and its agents from any liability whatsoever arising from my participation in the program. If I have any concerns regarding the quality of the services provided to me, I will provide Inner Hero with immediate and specific feedback so that the issue can be addressed. I understand that I must make up my missed classes before the end of the season I purchased and cannot carry classes over to another season. My fees cannot be refunded, but if I have a serious injury or prolonged circumstance that affects my participation, I will advise Inner Hero immediately and apply for transfer credit before the majority of classes have been missed. I understand that drop-in classes and term registrations can not be transferred to another person. I agree to respect the privacy and security of the National Ballet of Canada's staff and its guests. I agree to sign in and sign out at the front desk each time I visit the studio. I understand that if I arrive late for any class, my place is not guaranteed. If I am late for a Saturday class, I will not be able to access elevators to the 3<sup>rd</sup> floor studio and I will not be admitted to class. I understand that if I am found in a restricted area for employees only, including the 3<sup>rd</sup> floor washrooms, boardroom, staff cubicles and offices, I will no longer be allowed to participate in the program and my fees will not be refunded.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_