

# Inner Hero

Winter 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 \_\_\_\_\_

There are 12 classes in each level this season. You can make up 4 classes any time, in any class before the season ends on Apr. 10<sup>th</sup>. All Prices include 5% GST. Please make your cheque payable to INNER HERO.  
If you finish all your classes before the end of the season, you can purchase more classes at the same price per class you paid when you registered

## Programs

- Sat Basic Intermediate at 10:00am-11am,  
Jan 9 - Apr 10 CLOSED SAT FEB 13 & SAT APR 3
- Mon Advanced at 6:45pm-7:45pm,  
Jan 11 - Apr 5 CLOSED MON FEB 15
- Wed Intermediate at 6:45pm-7:45pm,  
Jan 13 - Mar 31

For Drop-in Classes mark the one(s) you'll attend from above. Available where space permits

## Prices

- 12 Winter Term Classes (choose 1 program)
- paid before Jan 9<sup>th</sup>, 2009 ..... \$150
- paid ON or AFTER Jan 9<sup>th</sup> ..... \$175

- 18 Winter Term Classes (choose 2 programs)
- paid before Jan 9<sup>th</sup>, 2009 ..... \$225
- ON or AFTER Jan 9<sup>th</sup> if space permits..... \$260

- Drop-in Classes (available where space permits)
- 5 Winter drop-in classes ..... \$75
- 1 Winter drop-in class ..... \$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 at my own discretion. I am currently in good health and 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 they can be addressed. When purchasing a term registration, I understand that I must make up my missed classes before the end of the term I purchased. 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. 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 enter the studio without an escort and, if an escort is not available, 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: \_\_\_\_\_