

# Inner Hero

Winter 2010 Pilates Primer Series PART 2 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 tried Pilates once or twice before
- I've never tried Pilates but I exercise regularly, \_\_\_\_\_ time(s) each week
- 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 \_\_\_\_\_

Classes are scheduled on Saturdays at 11:05am-12pm February 20<sup>th</sup> - April 10<sup>th</sup>.

YOU MUST ARRIVE ON TIME TO BE TO ATTEND THIS CLASS; LATECOMERS WILL NOT BE ADMITTED TO CLASS.

WE ARE NOT CONDUCTING ANY CLASSES ON SATURDAY FEBRUARY 13<sup>th</sup> or SATURDAY APRIL 3<sup>rd</sup>.

The spring season begins on Sat April 17th, 2010

There are 7 classes in the Winter Pilates Primer Series Part 2  
All classes must be completed by Sat April 10<sup>th</sup>.

Please make your cheque payable to INNER HERO or arrange an email money transfer. Prices include 5% GST

- Package of 7 classes: \$105
- Package of 3 classes: \$55
- One 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 my concerns can be addressed. I understand that I am expected to attend regularly and that missed workshops 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 and that if I am late for a Saturday class, I will not be admitted to class. I understand that if I am found in an area restricted to 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: \_\_\_\_\_