

Stay in Shape The Fun Way

Improve
Flexibility
and
Posture

Sculpt,
Tone, and
Renew
Your Body

Calabogie Pilates



2024 Spring Registration Form

YOU NEED TO BRING

NAME: _____

PHONE: _____

EMAIL: _____

Beginner's Pilates: Exercise mat, yoga block
Pilates: Exercise mat, 2 lb hand weights, yoga block. Some classes may require resistance bands and exercise ball.
Back Fitness & Stretch: Exercise mat, yoga block and foam roller.

PAYMENT: Cash, eTransfer to susan.wnhc@gmail.com, or cheque payable to Susan Veale

NO CLASSES MAY 6, 9, 13 & 15.

Save 10%
Pay by March 14th

<input type="checkbox"/>	Course Programs	Date	Day	Time	Cost w/ HST	Early Registration
<input type="checkbox"/>	Pilates 7 Classes	April 8 - June 3	Monday	5:00 - 6:00 pm 60 Min Class	\$118.65	106.75
<input type="checkbox"/>	Pilates 8 Classes	April 4 - April 25 May 1 - June 5	Thursday Wednesday	9:15 - 10:15 am 60 Min Class	\$135.60	122.05
<input type="checkbox"/>	Pilates 8 Classes	April 4 - April 25 May 1 - June 5	Thursday Wednesday	10:30 - 11:30 am 60 Min Class	\$135.60	\$122.05
<input type="checkbox"/>	Back Fitness / Stretch 7 Classes	April 8 - June 3	Monday	3:45 - 4:45 pm 60 Min Class	\$118.65	\$106.75
<input type="checkbox"/>	Ready-Golf 4 Classes	April 8 - April 29	Monday	6:15 - 7:00 pm 45 Min Class	\$67.00	N/A

Assumption of Risk and Release of Liability. This is a release of legal rights. Please read and understand before signing.

I, (print your name), _____, (henceforth known as the "Participant") freely choose to participate in the "Calabogie Pilates & More" programs offered by Wellness Natural Health Centre. I agree to release, indemnify, and defend the Wellness Natural Health Centre and any of its officials, officers, employees and agents from and against any claim which I, the participant, may have for any losses, damages or injuries arising out of or in connection with my participation in any Wellness Natural Health Centre Program. I indicate that by my signature below that I have carefully read this release clause and acknowledge that I understand it.

DATE: _____

SIGNATURE: _____

Wellness Natural Health Centre
 44 Norton Rd. Calabogie ON K0J 1H0
 TEL: 613-752-1540
info@wellnessnaturalhealthcentre.com
www.wellnessnaturalhealthcentre.com

According to Canada's Physical Activity Guide, 60% of older adults are not sufficiently active. Inactivity levels increase from 59% for adults 55 to 64, to 60% for seniors 65 to 74, and 74% for seniors over 75. If you participate in one of the programs, you are better than average.