

# Stay in Shape The Fun Way



## 2025 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 APRIL 21st (Easter Monday)

Save 10%  
Pay by March 27th

<input type="checkbox"/>	Course Programs	Date	Day	Time	Cost w/ HST	Early Registration
<input type="checkbox"/>	<b>Pilates 9 Classes</b>	April 14 - June 16	Monday	5:00 - 6:00 pm 60 Min Class	\$152.55	137.30
<input type="checkbox"/>	<b>Pilates 9 Classes</b>	April 17 - April 24 April 30 - June 18	Thursday Wednesday	9:15 - 10:15 am 60 Min Class	\$152.55	137.30
<input type="checkbox"/>	<b>Pilates 9 Classes</b>	April 17 - April 24 April 30 - June 18	Thursday Wednesday	10:30 - 11:30 am 60 Min Class	\$152.55	\$137.30
<input type="checkbox"/>	<b>Back Fitness / Stretch 9 Classes</b>	April 14 - June 16	Monday	3:45 - 4:45 pm 60 Min Class	\$152.55	\$137.30
<input type="checkbox"/>	<b>Ready - Golf 4 Classes</b>	April 7 - May 5	Monday	6:15 - 7:00 pm 45 Min Class	\$68.00	N/A

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](mailto:info@wellnessnaturalhealthcentre.com)  
[www.wellnessnaturalhealthcentre.com](http://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.