



561 Brant Street
PO Box 85172
Burlington, ON
L7R 2G0

Sue Abell
(905) 580-9777
sue@treadpowerfully.com
www.treadpowerfully.com

Registration/Waiver and Release from Liability Form

(All information collected on this form treated as strictly confidential)

Date: _____

Name: _____

Date of birth: _____ (dd-mmm-yyyy)

Phone numbers: _____ (home)

_____ (work)

_____ (cell)

Email: _____

I, _____, have voluntarily decided to participate in the Tread Powerfully® program(s). I understand that it involves strenuous physical activity which will include power walking and strength training. I understand that the outdoor weather conditions will vary and take full responsibility for the decision to attend classes during inclement weather conditions.

I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in this physical fitness program. I am fully aware of the physical risk of injury or death in participating in this program and voluntarily agree to accept full responsibility and legal liability for same for myself. This includes but is not limited to heart attacks, muscle strains, pull or tears, shin splints, knee, back or foot injuries, however caused, occurring during or after my participation in the Tread Powerfully® program(s).

I agree to hold harmless Tread Powerfully® management and instructors and all associated person(s) and/or entities from and against any and all liability for any harm to myself or to my property that may arise from my participation in this program.

Terms and Conditions

- outdoor classes will run in the rain and snow, however, classes will be cancelled for lightening/thunder, snow conditions which prevent mobility and may be cancelled for high temperatures accompanied by public health warnings. Tread Powerfully® instructors reserve the right to cancel classes based on unsafe weather conditions at any time and information will be sent via email or posted on the web site if conditions appear 15 minutes before class start.
- program payments are typically non-refundable, however, participants are entitled to a credit for unused time towards a future program if they are unable to complete a season due to medical condition or other circumstance seemingly reasonable to Tread Powerfully® management

I have read and fully understand the above waiver and release from liability and I agree to abide by the terms and conditions set forth therein.

Signature: _____ **Date:** _____



561 Brant Street
PO Box 85172
Burlington, ON
L7R 2G0

Sue Abell
(905) 580-9777
sue@treadpowerfully.com
www.treadpowerfully.com

2010 Winter/Spring Season
January 5 (evening) to May 2

Name: _____

Please complete Parts A and B below:

<u>PART A:</u>	
Tread Powerfully® Program Option <u>(Select one of 1., 2. or 3. below)</u>	Pricing (all prices include GST) <u>(cheque payable to "Sue Abell")</u>
1. <input type="checkbox"/> Unlimited Tread Powerfully® class pass	\$126.00
2. <input type="checkbox"/> One Tread Powerfully® class a week	\$63.00
3. <input type="checkbox"/> No Tread Powerfully® class this session	Not applicable

<u>PART B:</u>	
Intense Strength Program Option	Pricing (all prices include GST) <u>(cheque payable to "Sue Abell")</u>
1. <input type="checkbox"/> Add Intense Strength to a Tread Powerfully® <i>unlimited</i> class pass (Select either a. or b. below)	
a. <input type="checkbox"/> One (1) Intense Strength class per week	\$31.50
b. <input type="checkbox"/> Both Intense Strength classes per week	\$63.00
2. <input type="checkbox"/> Add Intense Strength to a Tread Powerfully® <i>once</i> <i>a week</i> class pass (Select either a. or b. below)	
a. <input type="checkbox"/> One (1) Intense Strength class per week	\$63.00
b. <input type="checkbox"/> Both Intense Strength classes per week	\$126.00
3. <input type="checkbox"/> Intense Strength class <i>on its own</i> (Select either a. or b. below)	
a. <input type="checkbox"/> One (1) Intense Strength class per week	\$78.75
b. <input type="checkbox"/> Both Intense Strength classes per week	\$157.50



561 Brant Street
PO Box 85172
Burlington, ON
L7R 2G0

Sue Abell
(905) 580-9777
sue@treadpowerfully.com
www.treadpowerfully.com

- | | |
|--|----------------|
| 4. <input type="checkbox"/> Advanced Intense Strength class
(Select either a. or b. below) | |
| a. <input type="checkbox"/> For unlimited TP members | \$63.00 |
| b. <input type="checkbox"/> For all others | \$94.50 |
| 5. <input type="checkbox"/> No Intense Strength class this session | Not applicable |

If you are purchasing “Intense Strength”, which class(es) will you be attending?

- | | | | |
|--------------------------|---------|---------|---------------------------------|
| <input type="checkbox"/> | Tuesday | 6:30 pm | At Burlington Seniors Centre |
| <input type="checkbox"/> | Friday | 9:30 am | At Brant Hills Community Centre |