



For Active Agers

SUMMER 2019
QPLEX
TUESDAYS & THURSDAYS
11:00-12:00
Classes start June 25-Aug. 29
*no class July 25,30
Aug. 1,6,8*



REGISTRATION /WAIVER FORM

NAME (please print): _____

TELEPHONE: _____

I hereby release any and all claims arising from my participation in this Older Adult Fitness Program. I understand that any exercise program carries with it some risk and I acknowledge that risk. I have consulted with my doctor and he/she agrees that this exercise program is appropriate for the current state of my health.

SIGNATURE: _____

DATE: _____

REGISTRATION: JUNE 13, 3-5 Qplex upstairs entrance

PROGRAM COST -Tuesdays & Thursdays: \$149.00

Tuesdays OR Thursdays: \$99.00

FEE PAID: _____

*Taxes in

*CASH OR CHEQUE ONLY

QUESTIONS??? Call Deby: 333-3329

