

ArcelorMittal Dofasco Fitness Classes

Winter Session: Starting Monday January 11, 2016

DATE: 11-week winter session begins the week of January 11, 2016 and ends the week of March 21, 2016

LOCATION: F.H. Sherman Recreation & Learning Centre exercise room (upstairs).

- Cheques made payable to ArcelorMittal Dofasco Inc. (HST included in fees)
- Please return application/Par-Q+ form with fee by **January 11, 2016** to the F.H. Sherman Recreation and Learning Centre (*please note PAR-Q+ forms are not required for gym members*)

Open to ArcelorMittal Dofasco employees, spouses, friends and children 16 years of age and older.

Name _____ Perm # _____ Phone _____ E mail _____

Sponsor's Name (If associate or family member of employee/retiree) _____ Perm _____

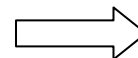
Checkmark your option(s) in boxes below for the day(s) you will be attending:

12-week Fitness Classes	Day(s) of Week (Please indicate your class choice)		Time
Total Body Blast	Monday - \$70.00 <input type="checkbox"/>	*10 weeks due to holiday	9:30-10:30am
Cardio-Kick & Boot Camp	Monday - \$70.00 <input type="checkbox"/>	*10 weeks due to holiday	5:30-6:30pm
Yoga Flow	Monday - \$70.00 <input type="checkbox"/>	Wednesday - \$77.00 <input type="checkbox"/>	6:45-7:45pm
Zumba	Tuesday - \$77.00 <input type="checkbox"/>	Saturday - \$77.00 <input type="checkbox"/>	Tuesday 5:30-6:30pm Saturday 9:00-10:00am
Power Yoga	Wednesday - \$77.00 <input type="checkbox"/>		5:30-6:30pm
Therapeutic Yoga	Tuesday - \$77.00 <input type="checkbox"/>		1:00-2:00pm
Yogafit for Warriors	Thursday - \$100.00 <input type="checkbox"/>		5:30-6:30pm
Super Circuit	Tuesday - \$77.00 <input type="checkbox"/>	Thursday - \$77.00 <input type="checkbox"/>	6:45-7:45pm
Any 2 F.H. Sherman Recreation & Learning Centre Classes \$143.00	Class 1: _____ Day/Time: _____ Class 2: _____ Day/Time: _____		
F.H. Sherman Recreation & Learning Centre Class + Yogafit for Warriors \$160.00	Class 1: <i>Yogafit for Warriors</i> Day/Time: _____ Class 2: _____ Day/Time: _____		

*There is no class on Monday February 15th due to Family Day holiday

**A minimum number of participants must register to ensure each class will run as scheduled

PLEASE SIGN WAIVER ON BACK



I understand that I, my son, daughter/spouse or ward participates in these activities at my/their own risk and there shall be no liability whatsoever attached to ArcelorMittal Dofasco Inc., its servants, agents, employees, other participants, or independent contractors for any loss, damage or injury of any nature, however caused. In case of any medical or other emergency that may occur while I, my son, daughter/spouse or ward is participating in these activities, I hereby authorize ArcelorMittal Dofasco Inc., its servants and employees, to take such action as they consider appropriate, including without limitation, providing or obtaining medical or surgical attention. Any personal information collected, used or disclosed, is solely for the purpose of administering the Recreational programs for you or your dependents.

Participant or Guardian's Signature _____

Date: _____