

## OUTSIDE RUN

All weather running class to keep your body fit, enjoy the great outdoors, and run with a group for inspiration. An outdoor course to improve each individuals running technique. Be prepared to be outside with all the elements. Dress accordingly. All runner levels welcome!

Fee: **\$253.00**

**Instructor:** Debbie Juravleff-Boucher AFLCA & Pilates Certified

**Contact:** 403 678 2846 or [www.gofigurefit.ca](http://www.gofigurefit.ca)

**Location:** We will meet somewhere different each week!

**Date:** 23 Wednesdays, January 6 - June 29

**No Classes:** March 30, April 6, and May 4

**Time:** 530 - 630 PM

**Please fill in ALL information below!**

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**Name:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Cell:** \_\_\_\_\_

**Birth Date:** \_\_\_\_\_ **Paid by:Q#** \_\_\_\_\_ **Cash** \_\_\_\_\_ **Date** \_\_\_\_\_

I certify, that to the best of my knowledge, the participant named herein is physically fit and able to engage in the above-named activity. In case of emergency, I give my permission for emergency treatment. I hereby release the course host indicated above from all claims for damages or loss arising from any accident or injury which is caused by or arises from the participation of the individual named herein during the program or in the facility/location where the program is being held, and agree not to sue the course host. My signature acknowledges that I understand and agree to the above conditions.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Print Full Name** \_\_\_\_\_ **Wed Run** \_\_\_\_\_

**PRIOR TO PARTICIPATING IN THE ABOVE NAMED ACTIVITY, A PAR-Q AND WAIVER FORM MUST BE SIGNED.**

**Registration Fee NON REFUNDABLE**