

Inner Hero



Inspiring heroic acts of self-care everyday ©

Pilates Program Design Workshop

12:00pm - 7:00pm, Saturday November 6, 2010

Inner Hero Pilates, 470 Queens Quay W, Toronto ON M5V 3K4
(at Spadina - Take TTC Streetcar from Subway or Union Station)

Registration Form

Please print clearly

Name: _____ Address _____

Tel: _____

*Email _____

*Your email address is used to send your receipt, and your telephone number is needed to advise you of any scheduling changes. Emails from us will always include the word "Pilates" in the subject line.

How did you find us? CanFitPro website Toronto Life Fitness & Wellness Guide Google Yahoo!

Someone taking classes - Who? _____ Other _____

Why does this course interest you? (check all that apply)

- I am a CanFitPro certified PTS, FIS, NWS, or MBS seeking to earn my CECs
- I am a certified Pilates instructor seeking professional development and I will petition my organization for CECs
- I want to learn more about Pilates in general
- I want to learn more about program design for core strength training

Course Fees We accept money orders, cheques or email money transfers. Sorry, no credit cards unless you register online at <http://events.constantcontact.com/register/event?oeidk=a07e301nw6jf1cc9ef2>

All fees must be received by Nov 4th.

\$154.87 + \$20.13 HST = **\$175.00 Total** HST REG# 86890 1505 RT0001

If you need to cancel for any reason BEFORE NOV 4th, your fees can be transferred at full value to another Inner Hero course. No fee transfers after Nov 3, 2010. We cannot provide fee refunds after your registration is confirmed.

Waiver & Terms of Service

This Pilates program, like all fitness activities, involves a risk of injury and your signature acknowledges that you are voluntarily participating in this program and accepting all risks at your own discretion. It is assumed you are currently in good health and you must advise the course presenter of any physical condition that may affect your participation. Your signature also acknowledges you release Inner Hero and its agents from any liability whatsoever arising from your participation in the course. If you are attending this course to earn CanFitPro CECs, you will be provided with documents that you must send to CanFitPro in order for your CECs to be officially recorded. In order to receive your CanFitPro CECs you must arrive on time and attend the 6.5 hour course in its entirety.

Signature: _____

Date: _____