



REGISTRATION FORM

INTRO TO GYM – PROGRAM FOR WOMEN

Name:

Address:

Contact Phone numbers:

Email Address:

How did you hear about the course?

Do you play a sport or exercise regularly?

Are you under a doctor's care for any medical problem?

If YES please provide details:

.....

Do you have your doctor's approval to undertake an exercise program?

Note: Obtain medical form from counter if over 35.

Do you have any injury problems? Eg, back, knee, shoulder, etc.

Exercise classes are scheduled as follows: (Please tick your preference)

- Mondays 9.30am.....
- Thursdays 9:30am.....
- Tuesdays 5.30pm.....
- Thursdays 5.30pm.....
- 10 sessions at \$110(includes annual membership at Hobart PCYC)

Course fee \$110, includes membership of Hobart PCYC Gym for 12 months.

**Payment by Cash or Cheques only made payable to the course leader,
Ron Nylander, before starting course, please.**

Signature: **Date:**