



Summer 2018 Sessions
Walk/Run Fitness Program
Held at Hudson Mills Metro Park
Summer 1: May 6 - June 10
Summer 2: June 17 - July 22
Sundays – 8:30 – 10:00am

Name: _____
First Last

Address: _____
Street

City, State Zip

Contact: _____
Phone Email

Emergency Contact Name Phone

Fitness Goal Where did you hear about our program? Birthdate /
month/day

New Members	Returning Members	
	\$ 10	Per session drop-in
\$ 57	\$ 51	Summer 1 or 2
\$107	\$ 95	Summer 1 and 2

Please make check payable to:
Women in Motion
Mail to: Women In Motion
c/o Wanda Gunderson
11713 Dunlavy Lane
Whitmore Lake, MI 48189

We will meet at Oak Meadows Area (1st parking lot)

NOTE: Registration fee does not include entry for the goal event or Metro Park Pass

Please note there are no refunds or makeup sessions for canceled sessions due to severe weather conditions.

Liability: I understand that exercise is physically stressful and can be moderately dangerous for some people with health problems of which they may not be aware. I certify by my signature below that I: 1) have considered the state of my health and the risks associated with physical exercise and 2) fully accept any risks, both known and unknown, associated with my participation in Women In Motion. I understand that participation in this class is voluntary, and I am choosing to participate of my own volition. I hold harmless and release women in motion from any and all liability, law, and/or damages that may be directly or indirectly related to any personal injury sustained from my participation in Women In Motion.

Signature _____ (Parent signature if under 18) Date _____

Questions? Contact wanda@womeninmotion.us or sam@womeninmotion.us