Autumn 2018 Session

8 Week Walk/Run Fitness Program

Held at Hudson Mills Metro Park

August 26 – October 14, 2018

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
○	$ 85	○ $ 72 Sun

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

Please make check payable to:
Women in Motion

Mail to: Women In Motion
c/o Wanda Gunderson
11713 Dunlavy Lane
Whitmore Lake, MI 48189

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