



# Healthy 2018-19

## Member Fitness Program- Registration

NAME: \_\_\_\_\_  
Please print

This confirms my interest in participating in the Healthy Heart exercise program and acknowledges my understanding that the program does not offer any professional trainers or medical support personnel. Rather, it is simply a group of Country Club Communities Members gathering to participate in a common interest of fulfilling a regular exercise format. I acknowledge that it is my responsibility to ascertain from my personal physician that this program is appropriate for me.

- Classes available Monday, Wednesday & Friday
- 8:00 am ..... 9:00 am ..... 10:00 am ..... 11:00 am .....
- Classes available Tuesday, Thursday & Saturday
- 8:00 am ..... 9:00 am ..... 10:00 am ..... 11:00 am .....

Please check Day of Week, along with the preferred time.

1. Would you be willing to serve on a committee? Yes  No   
If yes, please indicate your area of interest. Program Design  Membership   
Equipment & Facilities  Communications
2. Would you be willing to serve as a Group Leader Yes  No
3. Please indicate the months you anticipate being available to participate.
4. Please advise the months you plan to attend classes

Months	Nov. <input type="checkbox"/>	Dec. <input type="checkbox"/>	Jan. <input type="checkbox"/>	Feb. <input type="checkbox"/>	Mar. <input type="checkbox"/>	Apr. <input type="checkbox"/>
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*Fitness Program Waiver*

Canadian Country Club Communities Ltd. (CCCC) and Loyalist Country Club (LCC) are not responsible for the contents of this program or your participation in it. CCCC and LCC make no representation that the individuals choosing to lead this program or the exercises within it are experts in the field of personal health and fitness.

Participants are responsible for monitoring their own level of exertion and proper use of the equipment.

I have read the above information and fully understand my obligations within it.

\_\_\_\_\_  
PRINT NAME

\_\_\_\_\_  
SIGNATURE

Telephone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Date \_\_\_\_\_, 2018