

Participant Information

Please complete this form so we know who to contact in an emergency or if we need to cancel or change our schedule.

Proper attire for exercise is athletic shoes and loose fitting or stretchy clothing that will allow free range of motion.

Thank you, we hope to see you soon.

Name: _____

Address: _____

Date of Birth: _____

Telephone Number : _____ Home

_____ Cell

Email: _____

Emergency Contact (Name): _____

(Phone No.) _____

Where did you learn about our program? _____
