

# H.I.T.T. Fit Fitness Class

Mondays at 6:30 p.m.

<b>Winter Session 2019</b>	<b>Monday Evenings</b> 6:30 – 7:30 p.m. <b>Regular Session: Monday January 7 – April 1, 2019</b> Benson Centre – Automotive Room  No class held on February 18 <sup>th</sup> and March 11 <sup>th</sup>	<b>Fee Structure:</b>  \$ 79.10 for Full 10 Weeks HST Included \$ 9.00* - per class drop in fee (add HST)
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## H.I.I.T Fit - Free Trail Class Monday January 7th

HIIT, is a high intensity interval training class that builds cardiovascular fitness, while improving muscular strength and endurance. HIIT training involves periods of high intensity exercise followed by periods of rest to allow the body to recover. Each class incorporate the entire body using a combination of body weight and resistance equipment based exercises. Exercises are adaptable for all fitness levels.

### Instructor Biography:

Jenny Irvine is a certified fitness instructor who has been involved in the Health and Wellness industry for 20 years. Her experience includes teaching in gyms, community fitness centres and rehabilitation environments, leading a wide variety of cardiovascular and conditioning based fitness programming. Jenny is dedicated to sharing her passion of health and fitness with others; and believes that it is never too late to find a healthier you.

NAME \_\_\_\_\_ AGE \_\_\_\_\_ GENDER \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ POSTAL CODE \_\_\_\_\_

DATE OF BIRTH DAY \_\_\_\_\_ MONTH \_\_\_\_\_ YEAR \_\_\_\_\_

PHONE (HOME) \_\_\_\_\_ (WORK) \_\_\_\_\_

FAMILY MAIN CONTACT \_\_\_\_\_ PHONE \_\_\_\_\_

PLEASE INDICATE ANY SERIOUS MEDICAL PROBLEM: \_\_\_\_\_

E-MAIL \_\_\_\_\_

### Fee Structure: (Please check )

Best Value – 10 Classes  
\$79.10 (Includes HST)

Drop in Fee (ADD HST) \$9.00 per class (Payable at Benson  
Centre Desk before each class) Please complete attached Par Q Form

### OFFICE USE ONLY

#### PAID BY:

Cash  Debit

Credit

Amount \_\_\_\_\_

Date \_\_\_\_\_

Signed \_\_\_\_\_

## **REGISTRATION POLICIES AND PROCEDURES**

1. Mail In or Register in person. Registration can take place at the Benson Centre or the Cornwall Aquatic Centre. Office hours at the Benson Centre are Monday to Friday 9:00 a.m. – 10:00 p.m. and Saturday and Sunday from 7:00 a.m. – 10:00 p.m. Office Hours at the Cornwall Aquatic Centre for registration are Monday to Friday 7:00 a.m. to 10:00 p.m., Saturday and Sunday 7:00 a.m. to 9:00 p.m. For more information please contact the Benson Centre at 613-938-9898.
2. Mail in registrants will be confirmed by telephone and will receive receipt on first day of class.
3. Customers registering in person will receive a letter of confirmation at the time of registration.
4. In order to be processed, forms and fees must be completed (signed) and submitted together with current date.
5. Forms will be processed in order of first received, first processed.
6. Interact, Visa and MasterCard payments are available.

## **DEPARTMENT OF PLANNING, DEVELOPMENT AND RECREATION REFUND POLICY**

\*\*\*\*REFUND INQUIRIES MUST BE DIRECTED TO THE LEISURE ARTS COORDINATOR\*\*\*\*

1. **A full refund to be granted if program is cancelled. The Department reserves the right to cancel programs due to insufficient registration.**
2. **A partial refund to be granted, other than for medical reasons, if notification received 48 hours prior to second lesson.**
3. **All refunds subject to a \$5.00 administration fee and to be pro-rated.**
4. All refund requests due to medical reasons must be accompanied by a medical certificate and must be received prior to halfway through the session.
5. Transfers will not be permitted after the second class.
6. Allow four weeks for processing.

**THE CITY OF CORNWALL WILL NOT BE RESPONSIBLE FOR ANY MEDICAL, DENTAL OR HOSPITAL BILLS OR ANY OTHER EXPENSES CAUSED BY INJURY TO ANY PERSON PARTICIPATING IN THE CORNWALL DEPARTMENT OF PLANNING, PARKS AND RECREATION PROGRAMS. THIS BEING UNDERSTOOD, REGISTRANT AND PARENTS HEREBY AGREE AND SAVE HARMLESS AND INDEMNIFY THE CITY OF CORNWALL FROM CLAIMS FOR INJURIES.**

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REGISTRANT SIGNATURE