

# Fitness Class Registration Form

## Instructions:

- 1) Please fill out Registration Form completely.
- 2) Please fill out the Liability Waiver and ParQ Forms prior to class participation.
- 3) Payment is due prior to class participation. You are not registered for a class until payment is received.
- 4) Send registration and all forms in one of the following ways:
  - a) **In Person**  
Register and make payment in person at Spine & Sports Institute, 9325 Upland Lane N., Ste. 230, Maple Grove, MN, 55369.
  - b) **Register By Phone**  
763-315-0466; Credit card payment.
  - c) **Register By Fax**  
763-315-0884; Credit card payment.
- 5) If you have any questions, please call Jonny J at (612) 964-8629.

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_ Club Member (if applicable) \_\_\_\_\_

Wheel Size (ie. 650cc or 700cc if applicable) \_\_\_\_\_

How did you hear about our classes \_\_\_\_\_

Please list any health problems or concerns \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_