



# Manitoba Fitness Council Inc

## Made in Manitoba Registration Form

Friday, March 13, 2020 Sergeant Tommy Prince Place (90 Sinclair)  
Saturday, March 14, 2020 at University of Manitoba—Active Living Centre  
Sunday, March 15, 2020 Sergeant Tommy Prince Place (90 Sinclair)

Name \_\_\_\_\_

Address \_\_\_\_\_ City/Town \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone Number \_\_\_\_\_

Email \_\_\_\_\_

### **Course Fees \*\* Registrations received after March 3rd, 2020 will be subject to a \$20 late fee.**

**Friday, March 13-14, 2020 Pilates Certification Course—@ Sergeant Tommy Prince Place**

MFC Members **\$335.00** (Manual included. Exams NOT Included)

### **Saturday, March 14, 2020 @ the University of Manitoba Active Living Centre**

- Emergency First Aid and CPR “C”- @ the MFC Office Unit 3-113 Marion St. **\$88.00**
- Iron Age with Christine van der Hoek—**\$38.85** (Non MFC Members **\$50.40**)
- HIIT Programming with Heather Bailey —**\$38.85** (Non MFC Members **\$50.40** each)
- Cycle and HIIT with Faralee Wilson—**\$38.85** (Non MFC Members **\$50.40** each)
- Teaching Step in Layers with Faralee Wilson—**\$38.85** (Non MFC Members **\$50.40** each)
- All Day Saturday Sessions ( All 4 Sessions) MFC members **\$99.75** (Non MFC Members **\$126.00**)

### **Sunday, March 15, 2020 @ Sergeant Tommy Prince Place (90 Sinclair)**

- 1 Individual Session MFC Members **\$38.85** each session (Non MFC Member (**\$50.40** each)
- All Day Sunday Sessions ( All 5 Sessions) MFC members **\$89.25** (Non MFC Members **\$115.50**)
- All Day Saturday and Sunday Sessions ( All 9 Sessions) MFC members **\$157.50** (Non MFC Members **\$189.00**)

\*\*GST included in pricing.

Visa    Mastercard    Cash    Cheque (Made Payable to Manitoba Fitness Council)

Card # \_\_\_\_\_ Expiry Date \_\_\_\_\_

Name of Cardholder: \_\_\_\_\_

Signature: \_\_\_\_\_

To register online please visit our website [www.manitobafitnesscouncil.ca](http://www.manitobafitnesscouncil.ca)

Mail or Fax Registration form and payment to:

Manitoba Fitness Council Inc

Phone (204) 235-1245

Unit 3– 113 Marion St.

Winnipeg, MB R2H 0T2

Fax (204) 235-1273

Please indicate the sessions you wish to attend on reverse side, or register online

## Friday-Saturday, March 13-14, 2020

#	Friday & Saturday March 13-14, 2020 90 Sinclair	Time	Instructor	Credits
	Group Pilates Certification Course (exams not included)	Fri: 6-9pm Sat: 9am-5pm	Sheena Kilpatrick	18 CEC's

## Saturday, March 14, 2020 @ the University of Manitoba

	Saturday March 14, 2020 University of Manitoba	Time	Instructor	Credits
	Emergency First Aid & CPR level C— <u>held at the MFC office**</u>	8:30am-4:00 pm	Heather Hiscock	NA
	IRON Age	9am-10:45am	Christine van der Hoek	2 CEC's
	HIIT Programming	11am-12:15pm	Heather Bailey	2 CEC's
	Cycle and HIIT	12:30pm-1:45pm	Faralee Wilson	2 CEC's
	Teaching Step in Layers	2pm-3:15 pm	Faralee Wilson	2 CEC's

## Sunday, March 15, 2020— @ 90 Sinclair

#	Sunday, March 15, 2020 @ 90 Sinclair	Time	Instructor	Credits
	EVERY Body	9:00am-10:15am	Christine van der Hoek	2 CEC's
	Self Care for Professionals	10:30am-11:30am	Joyce Oddison	2 CEC's
	Prescription To get ACTIVE	11:45-12:15 pm	Stephanie Jeffrey	0.50 CEC's
	Behavior Change and Exercise—Lets talk about sustainability	1:00 –2:15	Sheena Kilpatrick	2 CEC's
	Brain Body Connection and eating	2:30pm-3:45pm	Kristy Loewen	2 CEC's

**MFC Cancellation Policy:**

Before March 1, 2020 - 85% refund	Between March 1st-6th, 2020 - 50% refund	After March 9, 2020 - 0% refund
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**Made in Manitoba Waiver of Liability**

In consideration of accepting this registration, I, the undersigned, intend to be legally bound, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Manitoba Fitness Council, the facilities and all promoters, sponsors and their representatives, successors and their assigns for any and all injuries suffered during the Manitoba Fitness Council Made in Manitoba 2020 Conference. I verify that I have been involved in a physical training program and that I am physically fit and do not suffer from any disability, physical ailment or taking any medication that would cause me harm or limit my participation.

**Photography Release**

I hereby Grant the Manitoba Fitness Council the irrevocable and unrestricted right to use and publish photographs of me, or in which I may be included, for publications, electronic reproductions (websites) and/or promotional materials or any other purpose and in any manner or medium. In addition, I grant my permission to alter the same without restriction and to copyright the same. I hereby release the photographer and the Manitoba Fitness Council from all claims and liability related to said photographs.

**Signature:** \_\_\_\_\_