



REGISTRATION FORM

11th Annual Connexion Fitness Conference

MARCH 31, 2012 | PALAIS DES CONGRÈS | 50 BLVD MAISONNEUVE, 3RD FLOOR | GATINEAU, QC

Send completed form to: **Fax - 613.233.2239** or **Email - educationcentre@nationalcapitalregionymca-ywca.ca**

For best results, please print in black ink.

FIRST NAME _____ LAST NAME _____

STREET ADDRESS _____ CITY _____ PROV. _____ POSTAL CODE _____

TELEPHONE - Home _____ TELEPHONE - Work _____ TELEPHONE - Cell _____

E-MAIL _____

PLEASE CHECK ONE: I am a Y Member (\$85) I am not a Y Member (\$150) I am a student (with current ID* - \$95)
**Please fax a copy of ID along with this form*

PAYMENT TYPE: VISA MasterCard AMEX _____
CARD NUMBER _____ EXPIRY DATE - mm/yy _____

NAME OF CARDHOLDER _____ SIGNATURE OF CARDHOLDER _____

Workshop registrations are done on a first-come, first-served basis. Please select workshops in order of preference.

SESSION 1 9:15 am - 10:45 am	<input type="checkbox"/> 180 Degrees of Deep <i>(9:00 am - 10:30 am at Taggart Family Y)</i>	<input type="checkbox"/> Vinyasa Power Yoga	<input type="checkbox"/> Cabot Trail Ride
	<input type="checkbox"/> Stability Ball: Function and Fun	<input type="checkbox"/> TABATA 20:10	<input type="checkbox"/> BATUKA
	<input type="checkbox"/> ComplexCore	<input type="checkbox"/> Advanced Principles in Strength Training	

SESSION 2 11:05 am - 12:35 pm	<input type="checkbox"/> Nutrition and Supplementation for Optimal Health - What to Eat to Be Well, Stay Well and Prevent Diseases?	<input type="checkbox"/> Strength and Stability: Dumbbells and Bands	<input type="checkbox"/> Yoga for Runners
	<input type="checkbox"/> Liquid ABS Program® <i>(10:45 am - 12:15 pm at Taggart Family Y)</i>	<input type="checkbox"/> Interval Training in Cycling	<input type="checkbox"/> Fascia and Range of Motion
		<input type="checkbox"/> G.I. Geoff's NAKED Bootcamp	<input type="checkbox"/> Cardio Core Circuit

SESSION 3 1:30 pm - 3:00 pm	<input type="checkbox"/> Better Posture, Healthy Spine and Nervous System for Optimal Function - Are Your Client's Posture Affecting Their Joints and Overall Health?	<input type="checkbox"/> Rhythm Ride (Indoor Cycling)	<input type="checkbox"/> ATP
		<input type="checkbox"/> Fletcher Pilates® - Evolved From the Source	<input type="checkbox"/> Sgt. Woody's Bootcamp
		<input type="checkbox"/> Get Fit Where you Sit - Chair Yoga and Beyond	<input type="checkbox"/> The Winning Combination: Mix Hi-Lo Choreography and Athletic Movements

Workshop confirmation and receipts will be e-mailed to the address listed above within 48 hours.

Refund requests must be submitted in writing to educationcentre@nationalcapitalregionymca-ywca.ca. Clients may withdraw until March 23, 2012 and are subject to a \$25 administrative charge. We are unable to offer refunds for cancellations requested after March 23, 2012.