



Spring Time CEC's – Saturday May 14, 2011

MAIL REGISTRATION FORM & PAYMENT TO: 9484 266th St, Maple Ridge, BC V2W 1K2

FIRST NAME: _____ LAST NAME: _____ PHONE: (____) _____
E-MAIL ADDRESS: _____ PHONE #2: (____) _____
ADDRESS: _____ CITY: _____ POSTAL: _____

I AM A (PLEASE CHECK ALL THAT APPLY):

FITNESS INSTRUCTOR () YOGA INSTRUCTOR () WEIGHT TRAINING INST. ()
PERSONAL TRAINER () CLUB MANAGER () GROUP FITNESS DIRECTOR ()
FITNESS ENTHUSIAST () AQUAFIT INSTRUCTOR ()

ALL WORKSHOPS ARE BEING HELD AT ARADIA FITNESS
LOCATED ON KINGSWAY AVE IN PORT COQUITLAM, BC

Saturday May 14, 2011

(PLEASE CHECK ALL WORKSHOPS THAT YOU ARE REGISTERING FOR):

8:00-12:00pm / **Boot Camp A to Z ()**

Presented by Karen Harmon, co-founder of Cardio Core Boot Camp

4.0 BCRPA CEC's | \$75

9:00-10:30am / **Bands, Balls, Balance ()**

1.5 BCRPA CEC's | \$25

10:30-12:30pm / **Phenomenal Abdominals ()**

2.0 BCRPA CEC's | \$35

- LUNCH CATERED BY CAT & FIDDLE PUB, add \$13.00 ()

1:00-4:00pm / **Three M's of Fitness Business ()**

Presented by Karen Harmon, co-founder of Cardio Core Boot Camp

3.0 BCRPA CEC's | \$99 incl. bound manual

1:30-3:30pm / **Yoga-Inspired Stretching ()**

2.0 BCRPA CEC's | \$35

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Please accurately complete the following:

TOTAL WORKSHOP FEE: \$_____ (ADD 12% HST)

**THE ABOVE AMOUNT HAS BEEN ENCLOSED IN THE FORM OF CHEQUE () OR
MONEY ORDER () MADE OUT TO JAIMEE STOKES FITNESS & YOGA**

- HOW DID YOU HEAR ABOUT THIS EVENT? _____
- WILL YOU NEED ACCOMODATION INFO? YES () NO ()
- HAVE YOU ATTENDED A WORKSHOP WITH US IN THE PAST?
YES () NO ()

Jaimee Stokes Fitness & Yoga understands that circumstances arise which result in you not being able to attend the workshop conference. The cancellation policy states that all cancellations must be received in writing to Jaimee Stokes Fitness & Yoga (via e-mail/mail) within two (2) weeks prior to the event; in the case of the Spring Time CEC's Workshop, by no later than 8:00am on Saturday April 30, 2011. Your fee will be refunded less a \$25 administrative fee. No refunds or credit given for no-shows, partially-used registrations, or on-site registrations.