

# Registration Form –Winter 2024



Name \_\_\_\_\_

Email \_\_\_\_\_ Age \_\_\_\_\_

Winter 2024 classes will run for 8 consecutive weeks starting the week of January 15th and ending the week of March 4<sup>th</sup>.

You can reserve your spot online using this link (or the QR code shown above), [freemanhealth.com/train2run](https://freemanhealth.com/train2run) or in person at Freeman Rehabilitation & Sports Center. Payment by check, or cash will be due during the first week of class. At this time we do not have an online payment option.

*\* Class will be filled on a first come first serve basis*

## Please check the option you want:

☐ One 8 -week adult class - \$55

## Please check class you want:

☐ Mon 5:45 pm – T2R Foundations

**ACTIVITY RELEASE OF LIABILITY:** *By completing this class registration, I hereby waive, release, and forever discharge all claims, rights, and causes of action of any kind or nature for myself, my heirs, executors, and administrators against Freeman Health System, their agents, servants, officers, employees, directors, representatives and assigns for injury or illness may directly or indirectly result from my participation in Freeman Train 2 Run classes, even if such injury or illness results from the negligence of Freeman Health System. I further agree to hold said parties harmless and agree to indemnify each of said persons against all liability for any loss, cost, injury, or damage to persons or property may arise by virtue of the undersigned engaging in Train 2 Run classes. I further state that I am in proper physical condition to participate in this program.*

\_\_\_\_\_  
Name (please print)

\_\_\_\_\_  
Signature  
(If under 18, parent/guardian must sign)

\_\_\_\_\_  
Date

\_\_\_\_\_  
EMERGENCY CONTACT NAME

\_\_\_\_\_  
PHONE NUMBER



## **2024 Winter Class Schedule**

**T2R Foundations (All levels) – MONDAY 5:45 PM** – This circuit-style strength class is designed for both beginner and veteran runners and active adults. This class focuses on strength training using high intensity interval training workouts. The workouts are fast paced and will get your heart rate up. The main goal of the class is to offer an alternative form of aerobic training that mimics the same cardiovascular training effect experienced with running while also getting the body stronger and more resilient to injury. It is recommended that all participants for this class have the ability to perform cardio exercise for at least 30 minutes without stopping. **Register here**