



## On Ramp Registration Form

Please complete the form, select your On Ramp session, indicate your payment method and return to CrossFit Winnipeg:

Fax: (204) 414-9349

Scan & email: [tania@crossfitwinnipeg.com](mailto:tania@crossfitwinnipeg.com)

In Person: 420 Des Meurons, Unit #114

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code \_\_\_\_\_

Date of Birth: Day \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

### Select Your On Ramp Session:

\_\_\_\_ January 4<sup>th</sup> to January 28<sup>th</sup>, 2010 (Monday, Tuesday, Thursday 6:00PM-7:00PM)

\_\_\_\_ January 18<sup>th</sup> to February 12<sup>th</sup>, 2010 (Monday, Wednesday, Friday 6:00AM-7:00AM)

\_\_\_\_ Other Start Date TBD (Saturday & Sunday 1:00PM to 2:30PM)

### Terms and Conditions:

1. All fees outlined must be paid in full, regardless of usage. This registration is non refundable and non-transferable.
2. Athletes must complete the 12 On Ramp classes before joining the ongoing CrossFit group. If the athlete misses a class, they must make arrangements with the coach to make up the class or book a personal training session to cover the missed material, at his or her own expense.
3. CrossFit Winnipeg reserves the right to reschedule an On Ramp session if necessary. In such a case, the athlete will receive notification and credit toward the rescheduled session.

### Payment Method:

- I would like to pay my On Ramp registration fee of \$150.00 + \$7.50 GST for a total of \$157.50 in person by cash or cheque.
- I would like to have my On Ramp registration fee automatically debited from my account. I hereby authorize CrossFit Winnipeg Inc. to debit my account in the amount of \$150.00 + 7.50GST for a total of \$157.50. Please attach copy of void cheque here:

Please insert copy of void cheque here

- I would like to charge my credit card the \$157.50 On Ramp registration fee.

Visa       MasterCard

C/C Number: \_\_\_\_\_ Expiry date \_\_\_\_ / \_\_\_\_

Name: \_\_\_\_\_

(Please print name on credit card)

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

Date: \_\_\_\_\_