

## Power Walking Group - Registration Form

Venue	Start Date & Time	Group Ends	Cost

The Power walking sessions will last 4 weeks and the intensity will gradually increase to suit your own fitness level.

The pace of walking will raise your heart rate and get you out of breath

The cost of the 4 week course is £32 per person. Please pay by cheque made payable to Julie Petersen.

**Please wear comfortable clothing and footwear such as trainers. The sessions will still be held if it rains so please bring a waterproof with you.**

**Terms and conditions:** All sessions will take place, whatever the weather. Full payment must be received in advance.

Name:.....

Address.....

.....

Email:..... Phone No.:.....

**Please indicate your current fitness levels:**

- |   |     |
|---|-----|
| Very unfit/ not done any exercise for a year or more    | YES |
| Have exercised spasmodically over the last year.        | YES |
| Quite fit and could walk for comfortably for 45 minutes | YES |
| Very fit - exercise regularly                           | YES |

Any information I that will help me identify your fitness level .....

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I have read and accept the terms and conditions above.

Signature: ..... Date:.....

Please send **booking form, registration form, physical activity readiness questionnaire together with payment** (cheque payable to Julie Petersen) to: Calm Connections, 12 Roundway Close, Camberley, Surrey. GU15 1NT