

# LiveSplendidly! – Sunday Cycle Registration Form 2024

All information gathered will remain with Colleen Parsons in strict confidence and will be used only to ensure that the workouts planned help to develop the fitness of those attending. You must bring with you to class the following: bike, cycle-trainer or rollers, a mat to catch the drips, a towel for your use and a water bottle. Please complete the **GetActive Questionnaire** and **Informed Consent Form** also attached.

**Session Dates:** [January 7, 14, 21, 28, February 4, 11, 25, March 3, 10, 17, 24, 2024](#)

**Times:** [9am to 10:30am MST](#)

<b>Name</b>	<b>Date</b>
<b>DOB (yy/mm/dd)</b>	
<b>Phone</b>	
<b>Emergency Contact / Phone</b>	
<b>Email</b>	
<b>Athletic background</b> <b>Number of years exercising regularly:</b> <b>Number of years cycling:</b> <b>What are the other activities that you do for fitness?</b>	
<b>What, if any medical conditions do you have that I should be aware of:</b>	
<b>What goals do you hope to accomplish in the upcoming cycling season?</b>	
<b>Fee for the sessions:</b> Cost = <a href="#">\$120</a> Additional riders <a href="#">\$60</a> <b>Register using your choice of two options:</b> <ul style="list-style-type: none"> <li>• <b>Online registration at <a href="http://www.colleenparsons.com/shop">www.colleenparsons.com/shop</a></b></li> <li>• <b>Electronic bank transfer: auto deposit using <a href="mailto:cg.parsons@live.com">cg.parsons@live.com</a></b></li> </ul> <b>Refund Policy</b> <ul style="list-style-type: none"> <li>• A full refund will be issued by e-transfer from CGP Consulting Inc. in the event that the session is cancelled.</li> </ul>	

### Session information

- Arrive on time as cycling will begin at 9am MST sharp.
- Have on hand water or sport drink, a towel and a device to tune in with.
- The sessions will progress in difficulty over time. We will begin with a warm up followed with 2-3 work sets and finish with a warm down.
- There is a washroom in the facility and free parking. Hahaha. 😊

Any questions ahead of time – Contact Colleen Parsons at 403-836-5833 or [cg.parsons@live.com](mailto:cg.parsons@live.com)