



Non riding clinic sign-up

March 16th Pilates Clinic

Closing date: March 12th

Time: 10am - 12pm

Location: 12920 N. Quartz Creek Trail

Prescott, AZ 86305

Things to bring: yoga mat and a strap (can be a lead rope or anything similar)

Cost: \$45

Name: _____

Email: _____

Phone: _____

Please submit this sign-up form and attached liability release to Nicole Howey via mail or email to secure your spot.

Payment:

Please pay via Zelle, PayPal, or by check made out to NAC of ADA

Mailing Address for sign-up forms:

Nicole Howey

8725 East Morning Star Ranch Rd.

Prescott Valley, AZ 86315

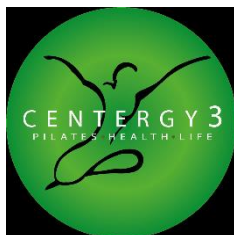
Questions:

Contact: Nicole Howey

DrNHowey@gmail.com

928-369-6553

Lunch to be included- Pot-luck style from the NAC Board of Directors



LIABILITY AND RELEASE FORM

By signing below, the below named participant in the workshop or class, acknowledges, understands and agrees to the following:

- The Client participates in the event/class at his/her own risk and agrees to release Kerry Picken, Centergy 3, LLC, its teachers and representatives from any and all liability resulting from the performance of any movement, lessons, and/or exercises taught on or off the horse, or while practicing same on their own.
- The client understands that in undertaking any physical exercise program or riding, a doctor should be consulted to insure they are capable of the level of exercise at which they intend to be will be working.
- **The client will disclose any physical limitations, problems or previous and present injuries to the instructor, as well as any Doctor or physical therapist recommendations for his/her participation event or class.**
- Riders: If Client has brought a horse for the mounted portion of the clinic/camp, client assumes all risks involved with handling and riding a horse around other horses and assures the clinic that said horse is safe to ride alone and with other horses.
- The client acknowledges that participation assumes all risks and liability and agrees to hold harmless Kerry Picken and any and all teachers of Centergy 3 LLC, that Kerry Picken, Centergy 3, its teachers and representatives shall not be held liable for any injury, accident or death, or any other cause of action arising from or connecting to the participation in event/class.

If all of these conditions are acceptable, please sign below:

Signed: _____ Date: _____

Print name: _____

E-mail _____