

By completing this form, you are giving us permission to contact you regarding this program. The personal information collected on this form is protected by the Freedom of Information and Protection of Privacy Act (FOIP) and will only be used for the purpose of recruitment, research, and processing of your request by GPRC. By completing this form, you consent to this use of your personal information. Questions about the collection or use of this information should be directed to the Office of the VP Finance and Administration, 780-539-2068

***DISCLAIMER**

When participating in any exercise program, there is a possibility of physical injury and an increased load on the heart, which may result in dizziness, shortness of breath, and in extreme circumstances, may result in a heart attack. If you experience any dizziness or pain, stop exercising immediately, and seek medical attention as required. By participating in this exercise program, you agree to freely accept all associated risks, dangers, and hazards. The Governors of the Grande Prairie Regional College, their officers, employees, and volunteers are not responsible for any injury or loss of any kind sustained by you while participating. Consult your physician before beginning any exercise program.

Virtual Fitness Classes are open to all members of the public. The Grande Prairie Regional College is not responsible for the actions of participants during these events.