FIT TOGETHER

INCLUSION • PARTNERSHIP • COMMUNITY

APEX/Fit Together Registration Form

PARTICIPANT	
NAME:	
ADDRESS:	
PHONE:	
EMAIL:	

ADDITIONAL CONTACT	
NAME:	
ADDRESS:	
PHONE:	
EMAIL:	

PLEASE RANK YOUR PREFERRED SESSION TIMES:

1 = MOST PREFERRED TO 10 = LEAST PREFERRED **X = UNAVAILABLE**

SESSION DAYS	SESSION TIMES	RANK
Mondays & Wednesdays	1:00 pm - 2:30 pm	
	1:30 pm - 3:00 pm	
	2:00 pm - 3:30 pm	
	2:30 pm - 4:00 pm	
	3:00 pm - 4:30 pm	
	3:30 pm - 5:00 pm	
	4:00 pm - 5:30 pm	
	4:30 pm - 6:00 pm	
	5:00 pm - 6:30 pm	
	5:30 pm - 7:00 pm	

NOTE: Please rank as many session times as possible to allow us to accommodate the schedules and preferences of all interested participants. Thank you.

Please return to fit.together@communitylivingessex.org by noon on Tuesday, September 20th.

Participant spots will be filled randomly.

For more information contact: fit.together@communitylivingessex.org or call Lynne Shepley at 519-567-6983 or Lori Huson at 519-776-6483 x 437

COMMUNITY LIVING Essex County

Inspiring Possibilities

University of Windsor

APEX Adapted Physical Exercise

Funding Provided By: Social Sciences and Humanities Research Council

Information on this form will only be shared with the necessary people at the University of Windsor, and individuals providing support to participants.