



# STRONG Intensive

August 10 & 11, 2019  
Saturday & Sunday, 8am-4:30pm  
TU Dance Center  
2121 University Ave W  
St Paul, MN 55114

First & Last Name

Phone

Email

Age

Address

City/State

Zip Code

Select Intensive option:

- STRONGer Intensive – Age 14+

## Registration & Payment Options

Registration & Payment due by August 9<sup>th</sup>. Please scan and email completed & signed registration forms to STRONGmovement at [strongmovement.mn@gmail.com](mailto:strongmovement.mn@gmail.com).

Payments are to be made online on our website (link <http://www.strong-movement.com/calendar.html>)

## Wavier/Release

STRONGmovement's Intensive involves a high energy expenditure level and is to be considered high intensity in nature. It is therefore recommended that students know the status of their health and any limitations on their ability to safely participate in the physical activities involved in the workshop content. If there are any questions about your health status, you should seek advice from a physician. STRONGmovement workshop facilitators, company members, teachers, and its affiliates are in no way liable for injury that may result from participation.

Participant Signature Date

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Guardian Signature Date  
(if participant is under 18)

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