

# Scheurer Hospital Auxiliary Presents



Refreshments  
& Door Prizes!

## healthercise



An Exercise Fundraiser to benefit the Scheurer Wellness Clinics at Lakers and Caseville Schools

**Saturday, November 14, 2015**

**9:00 - 11:00 am**

**Laker High School Gym**

Classes Taught by

Fitness Instructor Jeanne Putman

### Schedule\*

8:30 - 9:00 am	Registration
9:00 - 9:10 am	Morning Stretch - a 10 minute gentle stretch to get you going
9:20 - 9:30 am	Tabata - High Intensity Interval Training
9:40 - 9:50 am	Senior Fit - chair exercises
10:00 - 10:10 am	Walk 'n Tone - a walking workout
10:20 - 10:30 am	Strength Circuit - body weight strength training
10:40 - 10:50 am	Yoga - lengthen, strengthen and breathe

\*Each session will be followed by a five minute Fitness Tip

Entry fee is \$20 per person - participate in all classes or feel free to sit one out.  
All proceeds benefit the Scheurer Wellness Clinics at Lakers and Caseville Schools.

To register, please fill out the form on the back and  
mail with check payable to Scheurer Hospital Auxiliary to:

Scheurer Hospital  
Community Relations  
170 N. Caseville Rd.  
Pigeon, MI 48755

**The first 100 people to register receive a free t-shirt!**

A Division of... 

Scheurer Hospital Auxiliary Healthercise  
Benefit Fundraiser for Scheurer Wellness Clinics at Laker & Caseville Schools  
Registration and Waiver

Participant Name		M	F
Date of Birth			
Parent/Guardian Name			
Street			
City	State	Zip	
Email Address			
Home Phone		Cell Phone	
Emergency Contact – Name and Phone Number			
Circle t-shirt size (size guaranteed if form is received by October 23) <div style="display: flex; justify-content: space-around; width: 100%;"> <span>S</span> <span>M</span> <span>L</span> <span>XL</span> <span>XXL</span> </div>			

In consideration of being allowed to participate in the Scheurer Hospital Auxiliary exercise fundraiser Healthercise, and to use the facilities and equipment, I do hereby waive, release and forever discharge the Scheurer Hospital Auxiliary, Scheurer Hospital Foundation, Scheurer Healthcare Network, instructor Jeanne Putman, Laker Schools and any officers, agents, employees, representatives, executors and all others from any and all responsibilities or liability for injury or damages resulting from my participation in any activities at said fundraiser. I do hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for and injury or damage to myself, including those caused by the negligent act or omission of any of those mentioned or others, acting on their behalf or in any way arising out of or connected with my participation in any activities at the fundraiser. I agree to adhere to the policies set by the Scheurer Hospital Auxiliary. I also release with this signature the use of all photos, videos and Internet publications for the use of Scheurer Hospital Auxiliary and Scheurer Healthcare Network.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Please make check payable to Scheurer Hospital Auxiliary and remit form with \$20 payment to:**

Scheurer Hospital  
Community Relations  
170 N. Caseville Road  
Pigeon, MI 48755