



Application for Extreme Survivor Enrollment

Overview

Extreme Fitness is the first ever North American program to offer Blood Cancer Survivors complimentary memberships, nutritional counseling and Personal Training Support.

Extreme Survivor memberships include the following features:

- ✓ 1- complimentary one year VIP membership
- ✓ 2- personal training sessions with one of our Extreme Ambassadors
- ✓ A discounted rate on all additionally purchased personal training sessions
- ✓ 1- free nutritional consultation
- ✓ A discounted membership rate at contract renewal
- ✓ A discounted membership rate for one workout buddy

Criteria for Enrolment

The Extreme Survivors program is open to all individual who are undergoing treatment, or who have undergone treatment for any type of blood cancer. In order to be enrolled into the Extreme Survivors Program, Extreme Fitness requires the following documentation from the patients Oncologist or Medical Practitioner:

- ✓ A letter which briefly describes the members medical condition (ie. the type of blood cancer that the member has)
- ✓ The letter must also state that the patient is safe to participate in an unsupervised exercise program
- ✓ Please include documentation of any physical restrictions or specific physical limitation(s) that should be followed by the patient during exercise.

**Thank you for your interest in the Extreme Survivors Program.
Please continue to the next page to complete your application.**



Application for Enrollment

Please complete the below application, attach the letter from your doctor, and email or fax all pages to extremesurvivors@extremefitness.info. All faxes can be sent to 905.709.2960. Please make attn. to Katie Wagar re. Extreme Survivors Program. You will be contacted by phone once your application has been processed.

Name: _____

Date: _____

Phone # (day): _____

Phone # (eve.): _____

Email Address: _____

Address: _____

Please select the club that you are interested in joining? (Please visit www.extremefitness.info/locations to view all of our club locations)

Whitby

Delisle

Pickering

Dunfield

North York

Thornhill

Danforth

Richmond

Cedarbrae

Wellington

Bloor

Interchange

Please do not submit this enrollment form until you obtain a letter from your Oncologist/ Medical Practitioner. We will contact you once your application has been reviewed.

Yours in Health and Fitness,

Katie Wagar

Coordinator-Extreme Survivors