

Forever...in motion Exercise Class—Emergency Contact List

	Name (Include Leaders & Participants)	Phone Number	Email Address	Emergency Contact Name	Emergency Contact Phone #	Have Received PAR-Q (Please initial)
1						
2						
3						
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	Name (Include Leaders & Participants)	Phone Number	Email Address	Emergency Contact Name	Emergency Contact Phone #	Have Received Par-Q (Please initial)
16						
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