



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Complete Fitness Program

Some dream of success
while others work for it

At the Y, we care more about the individual that merely offering entertaining services. We aim to provide an atmosphere that creates memories and develops strong habits while influencing you to make good, healthy choices

The Complete Fitness Program is designed for members of all fitness backgrounds as a way to receive guided motivation from a fitness professional in a group setting.

What can you expect?
The Complete Fitness Program is designed primarily for those who are interested in overall fitness. Twice a week you will meet for group training lead by your Fitness Coach. You will get face-to-face feedback on how to improve fitness and lead a healthier lifestyle

When are classes?
Tuesday and Thursday at 5:30am for up to one hour

How much does it cost?
Members \$66 per four week session
Nonmembers \$86 per four week session

Name: _____ Gender: _____ DOB: ___/___/___ Age: _____ Reg Month _____

Address: _____ City: _____ Zip: _____ Email: _____

Primary Phone: _____ Secondary Phone: _____

Emergency Contact: _____ Phone: _____

I would like to donate an additional \$_____ (tax deductible) to assist youth in need of financial assistance

I hereby certify that I am in noamtl healthand capable of safe participation in this program. i assume all risks and hazards incidental to the conduct of this program and for the transportation to and from the program. I hereby authorize the YMCA to obtain medical treatment for me in the event that the emergency contact cannot be reached. By my signature and my own free will, i do hereby agree to indemnify and save harmless the YMCA of Tyler from any and all claims or demands, costs or expenses arising out of injuries, damages or other losses, whether personal or property, sustained by me or any party to whom I am responsible. I also understand any photography or film of my participation may be used for marketing and promotional materials without compensation.

Signature

Date