



FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

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

The Fat Pants program is designed for members of all fitness backgrounds as a way to receive guided workouts and motivation from a fitness professional in a group setting.



What can you expect?

Fat Pants is a monthly program that is designed primarily for those with the goal of weight loss. A fitness plan based on your exercise history, personal goals, and aspirations is developed to incorporate appropriate cardio and strength training equipment three times per week, developed by a personal trainer and carried out individually. Twice a week you will meet for group training lead by your personal trainer. You will get verbal, written, and face-to-face feedback and a healthier lifestyle!

How much does it cost?

\$30 per month, and it is only available to members of the YMCA.

What are the available class times?

Classes meet every Tuesday and Thursday, but you can select the hour you want to come. Classes meet at 8am, 9am and 6pm.

Name: _____ Gender: ___ DOB: ___/___/___ Age: _____ Month of registration: _____

Address: _____ City: _____ Zip: _____ Session Time: _____

Primary Phone: _____ Secondary Phone: _____ Email Address: _____

Emergency Contact: _____ Phone: _____

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

Agreement

1. I hereby certify that I am in normal health and 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.
2. **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

Don't miss out on the opportunity to enjoy this program. This program has limited availability. For more information about these and other YMCA fitness programs, contact a Tyler YMCA membership services representative.