



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.

FitStart is designed for the new or returning exerciser offering guidance, motivation, and structure in order to start and stick with an exercise routine. You can learn to lead a more active and physical lifestyle!!!



What can you expect?

FitStart includes 4 individualized appointments over 4 weeks with a Personal Fitness Plan Coach. A fitness plan based on your exercise history, personal goals, and aspirations is developed to incorporate appropriate cardio, strength training equipment, and group exercise workouts. You will get verbal, written, and face-to-face feedback and a healthier lifestyle!

How much does it cost?

FREE to members, but can only be done once.

FREE SESSION

Try a FREE session of personal training by presenting this flyer to our membership services staff.

Name: _____

Gender: ____ DOB: ____/____/____ Age: ____

Address: _____

City: _____ Zip: _____

Primary Phone: _____

Secondary Phone: _____

Emergency Contact: _____ Phone: _____

Email Address: _____

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 FREE program. This program has limited availability. For more information about these and other YMCA fitness programs, contact a Tyler YMCA membership services representative.