

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

## June Fitness-a-thon



June 19, 2010

8:05 - 9:35 AM

**Stay in shape all summer long with our fitness-a-thon challenges.**

**This 90 min total body workout will include high intensity cardio, resistance training and core work.**

**Workout is designed to burn an average of 1000+ calories based on your efforts.**

**FEE: \$5.00**

**(non-members must purchase day pass)**

**(Limited to the first 40 people who register)**

**Must be filled out completely with signed waiver and fee to be enrolled.**

(June Fitness-a-thon...please return to Sasha)

Name \_\_\_\_\_ Phone \_\_\_\_\_ YMCA Member Y N

Address \_\_\_\_\_ City \_\_\_\_\_

Email Address \_\_\_\_\_

In consideration for being allowed to participate in the YMCA exercise program, I agree to assume the risk of such exercise, and further agree to hold harmless the YMCA and its staff members conducting the exercise program from any and all claims, suits, losses, or related causes of action for damages, including but not limited to, such claims that may result from my injury or death, accidental or otherwise, during, or arising in any way from, the exercise program.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

(Parent or guardian signature if under 18)