

M.O.W.



Men On Weights is for Men who are new to toning and strength training, need a refresher or want more instruction in the variety of exercises and machines to use for each muscle group. Increase muscle tone and strength with guided instruction using the select rise weight machines, resistance cords, stability balls and medicine balls.

After this course you will have a specific, individualized strength training program tailored to your fitness needs.

**Thursday's 12:00 - 12:45 PM
 September 7 - September 28**

**Program Fee:
 Members: \$45
 Non - Members: \$ 55**

*Class is limited to 4 participants
 *Contact Katie if you have any questions!

Men on Weights Registration

Name: _____ Date of Birth: _____ Phone #: _____
 Address: _____ City: _____ Zip: _____ E-mail: _____
 Emergency Contact: _____ Phone #: _____

I have attached a check for the registration fee.
 I would like the registration fee auto-debited from my YMCA membership account
 Yes, I give the YMCA permission to take pictures of me participating in this program

Signature _____ Date: _____ Staff Initials _____

Cancellation Policy

We understand that everyone has busy lives, therefore we will be more than willing to make refunds. Please remember these guidelines when making changes. Cancellations made 7 days prior to the start date of the lesson will receive the registration fee minus a \$5 processing fee. If cancellations are made **less than 7 days prior** to the scheduled start date **No refunds** will be given. If the program is cancelled due to low enrollment the full registration fee will be refunded.