

# Core Strength



**Great 4 week program for anyone new to toning and strength training or those specifically looking to find new ways to focus on your core. Course will focus on simple mat and floor exercises that target, tone and strengthen core muscle groups. Gain core strength while building knowledge of core building floor exercises.**

**June 7 - 28  
Friday's 1:00 - 2:00 PM  
Studio A**

**Program Fee:  
Members \$10  
Non-Members \$15**

## Core Strength Registration

Participants Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Home Phone # \_\_\_\_\_ E-mail \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
 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 class.

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.

