

Buff Women



Are you ready for an intermediate class to take your fitness to the next level. This Class uses a variety of exercise with free weights, balls, BOSU and other weight training tools to sweat your way toward tailoring a workout to fit your specific goals.

**December 6 - 27
 Wednesday Noon - 1 PM**

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

***Maximum enrollment of 6**

Buff Women 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.

