



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Body Toning Time

This program is for anyone new to toning and strength training who would like more instruction in the variety of exercises to use for each muscle group. Increase muscle tone and strength with guided instruction using free weights, body weight, resistance bands and more. After this course you will have a working knowledge of weight training and how to get the most out of your personal workout.

Space is limited to 6 participants so register today!

Contact Leslie for more information.



Program Dates:

Tuesdays @ 10:00 AM
Session 1 : April 24 - May 29
Session 2 : June 26 - July 31

Program Fee:
Member \$45
Non Member \$55

Body Toning Time

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

Yes, I give the YMCA permission to take pictures of me participating in this program

Please Circle Session : **Session 1** **Session 2**

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.