



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MAKE YOUR BODY YOUR MACHINE.®

TRX Training

TWIN LAKES FAMILY YMCA

TRX Suspension Training is a total-body fitness program that uses gravity against your own body weight. TRX Training develops strength, balance, flexibility and core stability. It's All Core All the Time! Moves can be modified to suit any fitness level.

SUMMER ONE SESSION:

June 2 - July 13, 2019

SUMMER TWO SESSION:

July 14 - August 24, 2019

TUESDAYS - 9:30am with Jana

SATURDAYS - 10:15am with Jaime

MEETS IN THE CYCLE ROOM

\$51 YMCA Members- One Class

\$64 Non Members-One Class

\$102 YMCA Members - Both Classes

\$127 Non Members - Both Classes



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TRX TRAINING

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PARTICIPANTS INFORMATION

NAME _____ YMCA ID# _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ ALT. PHONE _____

EMERGENCY CONTACT NAME _____ PHONE _____

ANY OTHER INFORMATION YOU THINK THE INSTRUCTOR SHOULD KNOW... _____

MEDICAL WAIVER: In the event that I require emergency medical treatment and my emergency contact cannot be reached. I hereby authorize the YMCA staff to make arrangements to transport me to the nearest hospital/emergency medical facility. I give my consent or any and all necessary medical treatment, if, in fact I require the attention of a physician.

WAVIER: I understand that YMCA activities have inherent risks and I hereby assume all risks and hazards incident to my participation in all YMCA activities including transportation to and from said activities. I further waive, release, absolve, indemnify, and agree to hold harmless the YMCA, the organizers, volunteers, supervisors, officers, directors, participants, coaches, referees as well as persons or parents transporting participants to or from such activities from any claims or injury sustained during my use of YMCA facilities or participation in any YMCA activity whether located on YMCA property or not.

PHOTO RELEASE: I give my consent for pictures taken of myself involved in YMCA programs to be used for future YMCA promotions or display.

REFUND/TRANSFER POLICY: I understand that the YMCA has NO refund policy. Details of the policy are available at the Member Service Desk.

SIGNATURE

DATE

YMCA STAFF USE ONLY - 19SU1, 19SU2

STAFF NAME

DATE

PAID AMOUNT

PAYMENT VERIFIED BY