



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE GRIND

During the GRIND 6 week class, you will be pushing your body to the limits. We will be incorporating bodybuilding exercises infused with short bursts of intense cardio. There will also be an emphasis on functional movements using a wide variety of equipment. This will be unlike any training you have done before. You will be tired. You will be sore. However, you will see some great results and enjoy your training. Up for the challenge?

Bring some water, a towel and be prepared to get your heart rate elevated and to push yourself physically and mentally.

**THE GRIND 6 WEEK SESSION
SEPT 30-NOV 9, 2019**

**Tuesdays and Thursdays @
9:30am with Clint**

Meet at the fitness desk

***This is NOT a beginner class
*NO cell phones in class**

**\$102 YMCA MEMBERS
\$127 NON MEMBERS**

19FA1



TWIN LAKES FAMILY YMCA

THE GRIND

Sept 30 - Nov 9, 2019

Meets twice a week for 6 weeks

Tuesday and Thursday at 9:30am with Clint



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 - 19FA1

STAFF NAME

DATE

PAID AMOUNT

PAYMENT VERIFIED BY