

# TWIN LAKES FAMILY YMCA

## 6-WEEK FITNESS PROGRAMS

\*Fall 3

**November 8 – December 17**

\*5 Weeks - No classes November 22-28

**Registration Open Now**

Winter

**January 10 – February 18**

Member Registration: December 4<sup>th</sup>

Community Member Registration: December 11<sup>th</sup>



### Strength Training Basics

Combines safety and technique with systematic and consistent overloading. Increased strength improves your endurance, body composition, bone density, and health. This 6-week program is designed for the NOVICE who wants a foundation in lifting techniques, strength building, and improving muscle tone. **This is a beginner class.**

### Small Group Training

A challenging total body workout, using alternating stations of weights & cardio, utilizing equipment such as dumbbells, balance balls, and resistance tubes. Additionally, the class will consist of a warm-up, abs, cool-down, and stretches. Your trainer will keep you motivated and help you transform your body.

### Women's Weight Training

Do you want to increase your lean muscle mass, adding shape to your arms, taking inches from your tummy, and firming up your booty? Do you want to feel confident walking into the gym and lifting free weights, using the squat rack, or cable machines? Come join our women's only lifting program to start building your happiest and strongest YOU! This program is meant to improve your strength, muscle size, and conditioning simultaneously by learning to lift 'heavy' with movements like dead-lifts, squats, lunges, and various strength moves.

**This is a NOT a beginner class.**

**SIGN UP AT FRONT DESK OR [YMCAGWC.ORG](http://YMCAGWC.ORG).**

**TWIN LAKES FAMILY YMCA**  
204 E. Little Elm Trail  
Cedar Park, TX 78613  
512.250-9622



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Program	Day	Time	Price	Instructor
Strength Training Basics	M/W	10:30am-11:30am	FA3- M- \$96 / NM- \$117 WIN- M- \$115 / NM- \$140	Jamie
Small Group Training	M/W	8:30am-9:30am	FA3- M- \$96 / NM- \$117 WIN- M- \$115 / NM- \$140	Jana
Small Group Training	M/W	9:30am-10:30am	FA3- M- \$96 / NM- \$117 WIN- M- \$115 / NM- \$140	Jana
Small Group Training	T/TH	5:45pm-6:45pm	FA3- M- \$96 / NM- \$117 WIN- M- \$115 / NM- \$140	Chance
Women's Weight Training	T/F	8:30am-9:30am	FA3- M- \$96 / NM- \$117 WIN- M- \$115 / NM- \$140	Emily

NAME \_\_\_\_\_ YMCA ID # \_\_\_\_\_

PARTICIPANTS NAME IF UNDER 18 YRS \_\_\_\_\_ DOB \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PRIMARY PHONE \_\_\_\_\_ ALT. PHONE NUMBER \_\_\_\_\_

EMAIL \_\_\_\_\_

EMERGENCY CONTACT NAME \_\_\_\_\_

ANY ADDITIONAL INFO YOUR INSTRUCTOR/TRAINER 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 for any and all necessary medical treatment, if, in fact I require the attention of a physician.

**Waiver:** 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 Services Desk.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

### YMCA STAFF ONLY (21FA3) (22WIN)

STAFF NAME	DATE	PAID AMOUNT	PAYMENT VERIFIED BY
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