



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

START STRONG STAY STRONG



TEEN HIIT TRAINING TWIN LAKES FAMILY YMCA

While appropriate for ages 12-16 yrs, our Personal Trainer will focus on High Intensity Interval Training, also known as HIIT. HIIT burns the most calories possible and is always challenging! The teens will learn to mix basic strength training with cardio and plyometrics to improve overall health, energy and self confidence. They will be doing fun exercises and core strengthening while learning healthy habits to maintain a healthy lifestyle.

SUMMER SESSION TWO JULY 15 - AUG 8, 2019



Thursdays

9:30am - 10:30am

Meet at the Fitness Desk but class
will be held outside

\$34 YMCA Members

\$47 Community Members

REGISTER AT THE MEMBERSHIP DESK

TWIN LAKES FAMILY YMCA

TEEN HIIT TRAINING

JULY 15 - AUG 8, 2019

program meets 1 time a week for 4 weeks

9:30am-10:30am -Thursdays with Jaime

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 (19SU2)

STAFF NAME

DATE

PAID AMOUNT

PAYMENT VERIFIED BY