

# YHEALTH & WELL-BEING

We build strong kids, strong families, strong communities.

**Fall I Fitness Schedule:** September 7<sup>th</sup>-October 31<sup>st</sup> (8 weeks)  
 Registration for members starts August 23<sup>rd</sup> /non-members August 30<sup>th</sup>  
**CLOSED SUNDAY SEPT 5<sup>TH</sup> & MONDAY SEPT 6<sup>TH</sup> LABOR DAY**

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Please circle... Member Non-member \_\_\_\_\_ classes per week Rept # \_\_\_\_\_

E-mail Address \_\_\_\_\_

Please circle classes you wish to register for...

PHONE NUMBER \_\_\_\_\_

Time	Cardio Classes							Mind-Body-Strength Classes							Cycle Classes						
	Mon	Tues	Wed	Thurs	Fri	Sat/Sun		Mon	Tues	Wed	Thurs	Fri	Sat/Sun		Mon	Tues	Wed	Thurs	Fri	Sat/Sun	
6:00																					
8:00		Cardio Kickbox Claus		Cardio Kickbox Claus		Step Sculpt Sue		Plates/ Yoga Liz													
9:15	Step Sculpt Jean/Deb	AOA Judy	Step Cardio Combo Deb	AOA Judy	Zumba Jean/Deb	Aqua Fit Sara			Sculpt Pilates Jean		Sculpt Pilates Deb				9:15 Cycle Liz		Cycle Jean		Cycle Judy		Cycle Cathy
10:30						Zumba Sat 10:30 Amy/Andi									4:15 Cycle Andrea						
9:15	Aqua Intensity Deb/Sandy	Aqua Fit Bonnie	Aqua Intensity Dawn	Aqua Fit Bonnie	Aqua Intensity April										5:30 Cycle Amy						
10:30	Joins Splash Deb/Sandy	AF Aqua Bonnie	Joins Splash Dawn	AF Aqua Bonnie	Joins Wave April	ZUMBA SUNDAY 10:30															
4:15	Zumba Leticia								Sculpt Deb		Sculpt Jean										
4:15/4:45	Aqua Fit 4:15 Cathy		Aqua Fit 5:00pm Sara																		
5:30		Zumba Jean/Deb		Zumba Jean/Deb					Pilates Yoga Ruth		Pilates/ Yoga Sue										
6:45/7:00	Zumba Amy 7:00	Cardio Kickbox Claus 6:45	Zumba Leticia 7:00								6:45 Yoga Ruth										

MEMBER		NON-MEMBER	
1x/wk	\$20.00	1x/wk	\$32.00
2x/wk	\$40.00	2x/wk	\$64.00
3x/wk	\$60.00	3x/wk	\$96.00
4x/wk	\$80.00	4x/wk	\$128.00
5x/wk	\$100.00	5x/wk	\$160.00
6x/wk	\$120.00	6x/wk	\$192.00
7x/wk	\$140.00	7x/wk	\$224.00

**EIGHTWEEK SESSION FEES**

**MEMBER** 1x/wk \$20.00  
 2x/wk \$40.00  
 3x/wk \$60.00  
 4x/wk \$80.00  
 5x/wk \$100.00  
 6x/wk \$120.00  
 7x/wk \$140.00

**NON-MEMBER** 1x/wk \$32.00  
 2x/wk \$64.00  
 3x/wk \$96.00  
 4x/wk \$128.00  
 5x/wk \$160.00  
 6x/wk \$192.00  
 7x/wk \$224.00

**\$4.00 member daypass/\$6.00 non-member**

*For a class to remain in the session  
 There must be a minimum of  
 8 people enrolled after  
 the 2<sup>nd</sup> week of the session  
 or class will be cancelled.*

**Please read and sign below**

I hereby certify that I am in normal health and capable of safe participation in any of these fitness classes. I assume all risks and hazards that may arise with my participation in these classes.

The YMCA is not responsible for any medical costs that may result from my participation in any of these fitness classes or programs.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Geneva Lakes Family YMCA  
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 262-248-6211  
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