

# Fall Exercise Classes



## Get in Shape with the Y this Fall

*Whether you are a fitness fanatic or a first timer, we have something for everyone!*

We ensure that our instructors show exercises in a variety of ways, so no matter what your skill level is, we make sure you can challenge yourself and reach your goals.

### Details for All Classes

**Time:** 7 – 8 pm

**Gender:** Co-ed

**Cost:**

- Full Series: \$50 Member / \$100 Public
- Walk-ins: \$10 Member / \$15 Public

| Code | Class Name / Instructor | Day / Sessions           | End and Start Dates      |
|------|-------------------------|--------------------------|--------------------------|
| FYO  | YOGA<br>Ola             | Tuesdays<br>10 Sessions  | October 2<br>December 4  |
| FPM  | Pilates<br>Megan        | Wednesday<br>10 Sessions | October 3<br>December 5  |
| FZT  | ZUMBA<br>Tiana          | Thursdays<br>10 Sessions | October 4<br>December 13 |

\*No class on Thursday, November 22 (Thanksgiving)

Questions? Contact Rodger at 212-569-6200 x255 or [rramallo@ywashhts.org](mailto:rramallo@ywashhts.org).



YM&YWHA of Washington Heights & Inwood

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New York, NY 10040 | [www.ywashhts.org](http://www.ywashhts.org)



- facebook.com/ywashhts
- @YWashHts
- youtube.com/YWashHts



# Exercise Classes Fall 2018 Registration Form

## General Information

Name: \_\_\_\_\_ Are you a Y member?  Yes  No  
 Email: \_\_\_\_\_ Preferred Phone: \_\_\_\_\_  
 Address Line 1: \_\_\_\_\_ Address Line 2: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

### How did you hear about the class? (Check all that apply)

- Advertisement     Email from the Y     Listserv     Flyer     Online Search  
 Returning Member     Social Media     Word of Mouth     Friend     Newspaper  
 Website     Walk-in     Other: \_\_\_\_\_

### Class Enrollment (Check all that apply)

10 sessions: \$50 Member / \$100 Public  
 Walk-ins: \$10 Member / \$15 Public

#### Yoga (FYO)

- 10 Sessions  
 Walk-in

#### Pilates (FFP)

- 10 Sessions  
 Walk-in

#### Zumba (FZI)

- 10 Sessions  
 Walk-in

### Payment Information (20% discount if you take two or more classes!)

Enclosed is my total payment of \$ \_\_\_\_\_  
*Your total payment should reflect the class fees as well as any applicable discount for taking multiple classes.*

Please choose a payment method.

- Cash  
 Check/Money Order    Please make payable to *The YM&YWHA of Washington Heights & Inwood*  
 Credit/Debit Card

Please circle your card type:    Visa    MasterCard    Discover

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Name (as it appears on card): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Media Release

I hereby grant permission, without reservation, to the YM&YWHA of Washington Heights & Inwood ("the Y"), United Jewish Appeal-Federation of Jewish Philanthropies of New York, Inc. ("UJA-Federation"), and JCC Association of North America ("JCCA") (collectively the "Agencies"), and those authorized by the Agencies, to take photographs and to make recordings of me, and to use them in original or modified form in all media now or hereafter known, with or without my name or information about me, for the promotion, public education, and/or fundraising activities of the Agencies.

I hold harmless and release and forever discharge the Agencies, their officers, directors, agents, employees, affiliated agencies, independent contractors, licensees, and assignees from all claims, demands, and causes of action that I, my children, our heirs, representatives, executors, administrators, or other persons acting on behalf of my estate, have now or in the future may have, relating to the above.

I also agree that the Y will be the sole owner of all tangible and intangible rights in the abovementioned photographs and recordings, with full power of disposition. Signature: \_\_\_\_\_

### Mail, fax, scan, or bring registration and payment forms to:

YM&YWHA of Washington Heights & Inwood • Attention: Front Desk Registration  
 54 Nagle Avenue • New York, NY 10040 • Fax: 212.567.5915 • Email: [info@ywashhts.org](mailto:info@ywashhts.org)