

Exercise Classes Spring 2018



Get in Shape with the Y this Spring

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
SBCR	BOOT CAMP Rossy	Mondays 10 Sessions	April 9 June 18*
SYO	YOGA Ola	Tuesdays 10 Sessions	April 10 June 12
SPM	PILATES Megan	Wednesday 10 Sessions	April 11 June 13
SZL	ZUMBA Luz	Thursdays 10 Sessions	April 12 June 14

*No class on Monday, May 28 (Memorial Day)

Questions? Contact Rodger at 212-569-6200 x255 or rramallo@ywashhts.org.



YM&YWHA of Washington Heights & Inwood

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New York, NY 10040

212-569-6200
www.ywashhts.org



facebook.com/ywashhts

@YWashHts

youtube.com/YWashHts



Exercise Classes Spring 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)

- | | | | | |
|--|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| <i>10 sessions: \$50 Member / \$100 Public</i> | Boot Cam (SBCR) | Yoga (SYO) | Pilates (SPM) | Zumba (SZL) |
| <i>Walk-ins: \$10 Member / \$15 Public</i> | <input type="checkbox"/> 10 Sessions | <input type="checkbox"/> 10 Sessions | <input type="checkbox"/> 10 Sessions | <input type="checkbox"/> 10 Sessions |
| | <input type="checkbox"/> Walk-in | <input type="checkbox"/> Walk-in | <input type="checkbox"/> Walk-in | <input type="checkbox"/> 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