

# Exercise Classes Spring 2017



## 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.

### Cost:

- Full series of 10 sessions: \$50 for members, \$100 for non-members
- Walk-ins: \$10 for members, \$15 for non-members

**Time:** All classes run from 7 – 8 pm

**Gender:** All classes are co-ed

Code	Class Name / Instructor	Day / Sessions	End and Start Dates
SPA	PILATES Ashley	Mondays 10 Sessions	April 24 July 3*
SYO	YOGA Ola	Tuesdays 10 Sessions	April 25 June 27
SZI	ZUMBA Irene	Wednesdays 10 Sessions	April 26 June 28
SBCLE	BOOT CAMP Rodger	Thursdays 10 Sessions	April 27 June 29

\*No class on Monday, May 29 (Memorial Day)

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



# Exercise Classes Spring 2017 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: \_\_\_\_\_

## Media Release

Throughout the year, the YM&YWHA of Washington Heights & Inwood ("the Y") takes photographs and videos. By signing below, you grant permission to the Y to take photographs and to make recordings of you, and to use them for the promotion, public education, and/or fundraising activities of the Y as well as affiliated agencies, namely JCC Association and UJA-Federation.

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

## Class Enrollment

Check all that apply

	<b>Pilates (SPA)</b>	<b>Yoga (SYO)</b>	<b>Zumba (SZI)</b>	<b>Boot Camp (SBCLE)</b>
10 sessions: \$50 M / \$100 Non-M	<input type="checkbox"/> 10 Sessions	<input type="checkbox"/> 10 Sessions	<input type="checkbox"/> 10 Sessions	<input type="checkbox"/> 10 Sessions
Walk-ins: \$10 M / \$15 Non-M	<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 or MasterCard only):    Visa    MasterCard

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

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

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

### 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)