

Exercise Classes Summer 2017



Get in Shape with the Y this Summer
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.

Time: All classes run from 7 – 8 pm

Gender: All classes are co-ed

Code	Class Name / Instructor	Day / Sessions	End and Start Dates	Cost for Full Series* (Member / Public)
SPA	PILATES Ashley	Mondays 6 Sessions	July 24 Aug 28	\$30 M / \$60 P
SYO	YOGA Ola	Tuesdays 8 Sessions	July 11 Aug 29	\$40 M / \$80 P
SZI	ZUMBA Irene	Wednesdays 8 Sessions	July 12 Aug 30	\$40 M / \$80 P

*Walk-ins: \$10 Member / \$15 Public

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



Exercise Classes Summer 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

8 sessions: \$40 Member / \$80 Public

*6 sessions: \$30 Member / \$60 Public

Walk-ins: \$10 Member / \$15 Public

***Pilates (SPA)**

6 Sessions

Walk-in

Yoga (SYO)

8 Sessions

Walk-in

Zumba (SZI)

8 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: _____

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