

Exercise Classes Winter 2017



Come Get in Shape with the Y this Winter!
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
WPA	PILATES Ashley	Mondays 10 Sessions	January 16 March 20
WYO	YOGA Ola	Tuesdays 10 Sessions	January 17 March 21
WBCE	BOOT CAMP Eric	Wednesdays 10 Sessions	January 18 March 22
WZI	ZUMBA Irene	Thursdays 10 Sessions	January 19 March 23

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



YM&YWHA of Washington Heights & Inwood
 54 Nagle Avenue | 212-569-6200
 New York, NY 10040 | www.ywashhts.org



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

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Registration Form

General Information

Name: _____ Y Member: Yes No
 Email Address: _____ Phone: _____
 Address: _____

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

- | | | | | |
|---|---|--|---------------------------------|--|
| <input type="checkbox"/> Advertisement | <input type="checkbox"/> Email from the Y | <input type="checkbox"/> Listserv | <input type="checkbox"/> Flyer | <input type="checkbox"/> Online Search |
| <input type="checkbox"/> Returning Member | <input type="checkbox"/> Social Media | <input type="checkbox"/> Word of Mouth | <input type="checkbox"/> Friend | <input type="checkbox"/> Newspaper |
| <input type="checkbox"/> Website | <input type="checkbox"/> Walk In | <input type="checkbox"/> Other: _____ | | |

Throughout the year, photographs and videos are taken and used for Y promotional purposes, including, but not limited to, in print and digitally. I _____ (signature) authorize the Y to use these photographs and videos.

Class Enrollment

Check all that apply	Pilates (WPA)	Yoga (WYO)	Boot Camp (WBCE)	Zumba (WZI)
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 No.: _____ Expiration Date: _____
 Name (as it appears on card): _____
 Signature: _____