

# 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
WZI	ZUMBA Irene	Wednesdays 10 Sessions	January 18 March 22
WBCE	BOOT CAMP Eric	Thursdays 10 Sessions	January 19 March 23

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

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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)

- Advertisement     Email from the Y     Listserv     Flyer     Online Search  
 Returning Member     Social Media     Word of Mouth     Friend     Newspaper  
 Website     Walk In     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	<b>Pilates (WPA)</b>	<b>Yoga (WYO)</b>	<b>Boot Camp (WBCE)</b>	<b>Zumba (WZI)</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 No.: \_\_\_\_\_ Expiration Date: \_\_\_\_\_  
 Name (as it appears on card): \_\_\_\_\_  
 Signature: \_\_\_\_\_