



54 Nagle Ave. (Broadway/195th Street) New York, NY 10040
212-569-6200 www.ywashhts.org



EXERCISE Classes WINTER '11

Call Rodger for more information @ 212-569-6200 x 255

CODE	Class Name/ Instructor	Day/Sessions	Dates	Times	Gender	Fee
FNR	NIA RACHEL	MONDAYS 9 Sessions	Jan. 16 th Mar 19 th	7:00-8:00pm	Co-ed	\$60 Members \$95 Non-M
FPA	PILATES ANNA	MONDAYS 9 Sessions	Jan. 16 th Mar 19 th	8:00-9:00pm	Co-ed	\$60 Members \$95 Non-M
FKBA	KICK-BOXING ANNETTE	TUESDAYS 9 Sessions	Jan. 17 th Mar 13 th	6:30 – 7:30pm	Co-ed	\$60 Members \$95 Non-M
FYO	YOGA OLA	TUESDAYS 9 Sessions	Jan. 17 th Mar 13 th	7:30-9pm	Co-ed	\$60 Members \$95 Non-M
FBCA	BOOT-CAMP ANNETTE	WEDNESDAYS 9 Sessions	Jan. 18 th Mar 14 th	6:30-7:30pm	Co-ed	\$60 Members \$95 Non-M
FBB	Belly Dancing BRANDY	WEDNESDAYS 9 Sessions	Jan. 18 th Mar 14 th	7:30-9pm	Women only	\$60 Members \$95 Non-M
FZN	ZUMBA NICOLE	THURSDAYS 9 Sessions	Jan. 19 th Mar 15 th	7-8pm	Co-ed	\$60 Members \$95 Non-M

No classes on Monday, Feb 20th.

Or pay at the door per Class: Members \$10 Non-Members \$15

SPECIAL OFFER FOR 9 CLASS SESSIONS

GROUP EXERCISE CLASSES (excluding Capoeira)

Code		Members	Non-Members
F4	Any 4 or more Different Exercise Classes	\$140	\$190
F3	Any 3 Different Exercise Classes	\$120	\$165
F2	Any 2 Different Exercise Classes	\$90	\$135



Class Registration Form – WINTER Exercise Classes '12

NAME _____ PHONE : _____

ADDRESS: _____ EMAIL _____

CLASS (Code): _____ MEMBER: Y/N FEE ENCLOSED _____

(Check payable to YM & YWHA of Washington Heights & Inwood)

Or if paying by credit card... VISA / Mastercard Card

Please charge \$ _____ to my credit card: Number: _____

Card Member Signature: _____ Exp. Date: _____

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