



Early Bird Discount

\$10 Off fee if register by: Fri. July 9th. 2010



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

EXERCISE Classes Summer '10

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

CODE	Class Name/ Instructor	Day/Sessions	Dates	Times	Gender	Fee
SPA	PILATES ANNA	MONDAYS 7 Sessions	Jul 11th Aug 23rd	7-8pm	Co-ed	\$40 Members \$70 Non-M
SYO	YOGA OLA	TUESDAYS 7 Sessions	Jul 12th Aug 24th	7-8:30pm	Co-ed	\$40 Members \$70 Non-M
SBCA	BOOT-CAMP ANNETTE	WEDNESDAYS 7 Sessions	July 13th Aug 25th	6:30- 7:30pm	Co-ed	\$40 Members \$70 Non-M
SBB	Belly Dancing BRANDY	WEDNESDAYS 7 Sessions	Jul13th Aug 25th	7:30-9pm	Women only	\$40 Members \$70 Non-M
SSDL	Self - Defense LUIS	TUESDAYS 7 Sessions	Jul 14th Aug 26th	7:00 - 8:00pm	Co-ed	\$40 Members \$70 Non-M

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

SPECIAL OFFER FOR 10 CLASS SESSIONS

GROUP EXERCISE CLASSES

Code		Members	Non-Members
W5	Any 5 Different Exercise Classes	\$130	\$160
W4	Any 4 Different Exercise Classes	\$110	\$140
W3	Any 3 Different Exercise Classes	\$90	\$120

Class Registration Form – Summer Fitness Classes '10

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: _____

Throughout the year, photographs and videos are taken and used for publicity and/or in promotional pieces. I _____ (signature) authorize the Y to use these photographs and videos.