

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SHED 2020

FITNESS CHALLENGE - JAN. 11 - FEB. 27



WHO: Whether you are new to exercise, just getting started again or looking to overcome boredom or fitness/weight loss plateaus, the **Fitness Challenge is for you!**

WHAT: Complete one workout a week with your coach in a small group setting and an additional workout individually. Multiple challenge groups are offered each week, so there is one to fit your schedule! **On February 27, celebrate your success with a Team Fitness Challenge Competition!**

WHEN: January 11 - February 27 / Day and time selected at registration.

FEES: \$65/Members, \$150/Non-members*

*Includes 2-month individual membership.

REGISTRATION: Please visit bvfyymca.org or the front desk.

MORE INFORMATION: Constance at constance.cunningham@bvfyymca.org or 740.349.9675.

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

LET'S LEAVE 2020 BEHIND US!

CHALLENGE REGISTRATION

YOUR INFORMATION

Name: _____ Phone: _____

Email: _____ Birthday: _____

Would like to receive weekly e-mails from your branch. PLEASE CIRCLE: Yes or No

WAIVER & MEDICAL HISTORY

I, the undersigned, understand that all sports/activities have risks, and I hereby waive and release any and all rights and claims for damages I or my heirs, executors and administrators may have against the Buckeye Valley Family YMCA, its members or representatives, volunteers, or any sponsor.

Participant Signature: _____ Date: _____

Do you have a history of heart disease, high blood pressure, diabetes or any other medical condition the trainer should be aware of? PLEASE CIRCLE: Yes or No

If yes, please explain: _____

If you are under the care of a physician, are you cleared to exercise? PLEASE CIRCLE: Yes or No

INSTRUCTORS & SCHEDULES

This Challenge involves small group sessions with the coach and no more than 4-8 participants. In order to schedule training sessions, please check the date that works best for you.

Constance

- Tuesday - 6:30am
- Tuesday - 5:30pm
- Wednesday - 5:30am
- Wednesday - 12:00pm

Jeff

- Saturday - 9:00am

Drew

- Saturday - 8:00am

Alisa

- Thursday - 7:00pm

Cody

- Thursday - 12:00pm

Virtual

- Once a Week, Any day you choose

For more information, please contact Constance at constance.cunningham@bvfymca.org.