

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](http://bvfyymca.org) or the front desk.

**MORE INFORMATION:** MacKenzie at [mackenzie.brune@bvfyymca.org](mailto:mackenzie.brune@bvfyymca.org) or 740.454.4767 ext. 304.

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.

### Kenzie

Monday - 8:00am

### Sarah

Thursday - 11:00am

### Colleen

Tuesday - 4:30pm

### Tavian

Saturday - 10:00am

### Sam

Tuesday - 6:15pm

### Virtual

Once a Week, Any day you choose

### Stephani

Wednesday - 5:30pm

For more information, please contact MacKenzie at [mackenzie.brune@bvfyymca.org](mailto:mackenzie.brune@bvfyymca.org).