



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# QUICK RESULTS, MAJOR CHANGES

## 6- WEEK BODY TRANSFORMATION

### GARDEN CITY FAMILY YMCA



**Are you tired of the same old routine?** Maybe you are in need of an extra push, something that will challenge you both physically and mentally. This six week program will do just that! Through high intensity and boot camp style classes, you will see the results you have always wanted!

**Instructor:** Tasha Jackson

**Dates:** Session V: Sept. 12 - Oct. 21  
Session VI: Oct. 31 - Dec. 16  
Session I: Jan. 9 - Feb. 17  
Session II: Mar. 20 - April 28

**Class meets Monday thru Friday at the Dome**

**Deadline:** Tuesday before the class starts

**Time:** 5:30 p.m.-6:30 p.m.

**Fee:** Dome Members: \$30 (only \$1 per day!)  
YMCA Members: \$45 (only \$1.5 per day!)  
Non-Members: \$60 (only \$2 per day!)

Ask about our Helping Hands  
Scholarship Program!



**Questions:** Stacy Castoe, Dome & Operations Director  
(P)620.275.1199 ext. 101  
(E)scastoe@ymcaswkansas.org

**JOIN TODAY!**  
*Upgrade to a membership today as a participant at*  
**NO CHARGE!**  
*Save over \$100!*  
*Already a member?*  
*Recruit a friend & receive the monthly gift.*  
*Get details at signup.*

### 6 Week Body Transformation Registration Form

**Session: V VI I II**

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

D.O.B. \_\_\_\_\_ HOME PHONE: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_ E-MAIL \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_