



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? Need a 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 IV: Aug. 14 - Sept. 22
Session V: Oct. 9 - Nov. 17
Session VI: Nov. 27 - Jan. 5 (no class Dec. 25 or Jan. 1)

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!)

Questions: Amy Calderon, Healthy Initiatives Coordinator
(P)620.275.1199 ext. 205
(E)acalderon@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: IV V VI

NAME: _____ ADDRESS: _____

D.O.B.: _____ HOME PHONE: _____

CELL PHONE: _____ E-MAIL: _____

EMERGENCY CONTACT: _____