



QUICK RESULTS, MAJOR CHANGES

6- WEEK BODY TRANSFORMATION

GARDEN CITY FAMILY YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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!



Dates: Session I: Jan. 3 - Feb. 11

Session II: Feb. 28 - April 8

Session III: April 25 - June 3

Session IV: June 27- Aug. 5

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!)

JOIN TODAY!

Upgrade to a membership

today as a participant at

NO CHARGE!

Save over \$100!

*Already a member? Recruit a
friend & pay much less.*

Get details at signup.

**NEED HELP? Ask about our
Helping Hands
Scholarship Program!**



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

6 Week Body Transformation Registration Form

Session: I II III IV

NAME: _____ ADDRESS: _____

D.O.B. _____ HOME PHONE: _____

CELL PHONE: _____ E-MAIL _____

EMERGENCY CONTACT: _____

The Y... So Much More. | Garden City Family YMCA | www.ymcaswkansas.org