



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FEEL HEALTHIER, BE STRONGER Body X

GARDEN CITY FAMILY YMCA

COME CHALLENGE YOURSELF!

This class targets 10 min of upper body, 10 min of legs and glutes, and 10 min of abs. Closing up the class with **Nutrition**. Working with weights and high intensity intervals will help you with your cardiovascular conditioning and endurance. This program is for anyone ready to go to the next level and tone up, increase strength and learn compound movements. Exercises CAN be simplified and personalized to your own level of fitness. Classes are held in the Aerobics Room. Please bring your towel and water bottle to class and be prepared to have a great workout!



Class: Tuesdays 5:30 - 6:15 p.m.
Saturdays 9:30 - 10:15 a.m.

Fees: FREE for all members
Program Participants
\$25/Month
\$6/class

Ask about our Helping Hands
Scholarship Program!

Instructor: Geovannie Gone

Stacy Castoe, Dome & Healthy Initiatives 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 & pay much less. Get details at signup.

Questions:

Body X Registration Form

March April May

NAME: _____ ADDRESS: _____

D.O.B. _____ CELL PHONE: _____ E-MAIL _____

EMERGENCY CONTACT: _____ EMERGENCY CONTACT#: _____