



# QUICK RESULTS, MAJOR CHANGES 6 WEEK BODY

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 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 6 week program will do just that! Through high intensity and boot camp style classes, you will see the results you have always wanted!

**Dates:** September 21 thru October 30 class meets Monday thru Friday in the gym

**Time:** 5:30 a.m.-6:30 a.m. **OR** 6:30 p.m.-7:30 p.m.

**Fee:** Members: \$50 (that's only \$1.66 per day!)  
Program Participants: \$100 (only \$3.33 per day!)

**Instructor:** Tasha Jackson



Please consult your doctor before beginning a vigorous exercise routine.

Patty Barahona, Healthy Initiatives Coordinator  
(P) 620.275.1199  
(E) pbarahona@ymcaswkansas.org

Ask about our Helping Hands Scholarship Program!



**ONLINE REGISTRATION NOW AVAILABLE FOR SELECT PROGRAMS!**

[www.ymcaswkansas.org/register-online](http://www.ymcaswkansas.org/register-online)

### 6 Week Body Transformation Registration Form

**Circle One:**                      **5:30 a.m.**                      **6:30 p.m.**

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

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

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

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