

Fitness Training For Life

8 WEEKS TO A BETTER YOU! MIND, BODY AND SPIRIT

“Fitness Training For Life” is a 8-week beginner program designed for those who are committed to breaking the cycle of failed weight loss efforts! If you are ready to engage your mind, you will gain a new attitude that will help you succeed at weight loss, naturally and permanently!

This program will also help you to improve your strength, cardiovascular and muscle conditioning, agility and balance as well as overall fitness. This program is for beginners, low impact exercisers, and anyone else who is striving to change their MIND, BODY, and SPIRIT. You do not need to be in shape to join, as long as you are serious about getting fit and changing your life, **YOU WILL BE READY FOR THIS PROGRAM!!!!!!**

Session: May 24th—July 15th
Day/Time: Mondays, Wednesdays, Thursdays
6:00pm-7:15pm
Cost: Members: \$175
Non-Members:\$285
Location: Mary Perry Ragsdale YMCA
(Includes a membership for the duration of program)
Class Size Limited to 20 Participants!!!!
Childcare Provided!

Fitness Coaches: Christy Richardson, Takeela Reddrick, Marlee Rindal
Wellness Coach: Nwachi Tafari, Ed.D.

This 8-week program includes:

- 3 guided workouts weekly
- Bi-weekly group wellness coaching sessions
- A weekly private 30-min coaching session with Dr.Tafari
- Weekly email nutrition /fitness notes
- Lose Body Fat
- Tone Up
- Improve Fitness and Health
- Increase Strength

What Will I Gain out of this program:

- Natural weight loss
- More energy, joy and inner peace
- A new healthy mindset that compels you to eat healthily.
- An understanding of the importance and benefits of exercising that motivates you to be physically active.
- A renewed self confidence and positive outlook on life.

How To Save \$\$\$\$

1. Sign up before May 14th and save \$20
2. Refer a first time participant and both receive \$20



Mission Statement: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

Visit our Website: www.ragsdaleymca.org

Phone #: 336-882-9622

Fitness Training For Life

PARTICIPANT INFORMATION Phone: _____

First Name: _____ Last Name: _____ Age: _____

Address: _____ City: _____ Zip: _____

Date of Birth: _____ Gender: Male Female Member or Non-Member

Important Medical Information: _____

EMERGENCY PHONE INFORMATION

CONTACT NAME: _____ HOME#: _____ WORK#: _____

2ND CONTACT NAME: _____ HOME#: _____ WORK#: _____

RELEASE AND WAIVER OF LEGAL LIABILITY

THIS IS YOUR RELEASE AND WAIVER OF LIABILITY (the "Release"). You individually and/or on behalf of any minor child, release the YMCA of Greensboro, Inc., its officers, directors, board members, employees, volunteers, agents, independent contractors, other participants and/or others acting on its behalf (collectively, "YMCA"). **You agree that this Release is effective immediately.**

This is important to you and/or any minor children, so do not sign until you have had your questions answered. You provide this Release freely, and without duress under the following terms:

- 1) GENERAL RELEASE:** I hereby agree for myself and/or my child and our respective heirs, assigns and legal representatives, to indemnify, defend and hold YMCA and its officers, directors, board members, employees, volunteers, agents, independent contractors and other participants ("Releases") in the program harmless from any and all claim and causes of action of any nature for any and all personal injury or illness, including death, which may occur to me and/or my child or which may be aggravated during or by any activity during the course of the program in which I have decide to allow myself and/or my child to engage. I further waive any and all claims or causes of action, which I and/or my child may now or hereafter have against Releases which may at any time arise as a result of any act or thing occurring in or arising out of my and/or my child's participation in the program. I further expressly understand and agree the foregoing indemnity, release and waiver is intended to be as broad and inclusive as permitted by the law of the State of North Carolina and that any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and effect.
- 2) ASSUMPTION OF RISK:** I, individually and/or on behalf of any minor child, expressly and specifically assume any and all risk of injury, illness, death, or property damage resulting from my YMCA activities. **You assume the risks:** I, individually and on behalf of my minor child, understand that YMCA activities are strenuous and dangerous and should be engaged in only by persons in good health. I understand that I should consult a physician before enrolling myself and/or my child in the YMCA program. **Once you sign, you are saying that you understand the risks involved and accept all of the risks.**
- 3) MEDICAL RELEASE:** I, individually and/or on behalf of any minor child, further hereby release YMCA from any claim whatsoever which may arise as a result of any first aid, treatment, or services or assistance provided to me in connection with any injury that arises from activities at YMCA. **A)** I take full responsibility for my and my child(s) welfare and safety on or at YMCA activities. **B)** I hereby give permission for emergency medical treatment to be administered as deemed appropriate.
- 4) INSURANCE:** YOU ARE EXPECTED TO HAVE YOUR OWN HEALTH INSURANCE. You should understand that the YMCA does not carry insurance to cover injuries and losses that may befall you.
- 5) PHOTOGRAPHIC RELEASE:** I consent to be photographed and to allow YMCA's use of any photos of myself and/or my minor child at its sole discretion.

HAVING READ, UNDERSTOOD, AND AGREED WITH THESE TERMS, I HAVE EXECUTED THIS RELEASE, TO BE EFFECTIVE IMMEDIATELY.

Applicant or Parent/Legal Guardian Signature

Date