



# NEW IN WELLNESS

The mission of the YMCA is to put Christian values into practice through programs that build healthy spirit, mind and body for all! Income based membership and financial assistance is available.

**Interested in taking a fitness class that incorporates nutrition information each week?  
If so, this class is for you!**

## **Nutrition Fitness Program**

**Thursdays, 6:15—7:15PM**

**August 12—September 16, 2010**

**\$25 Y Members/\$45 Activity Members**

This 6 week program combines nutrition and fitness in one hour. The class starts with 15 minutes on nutrition with a certified nutritionist followed by 45 minutes of exercise with a certified personal trainer.

### **Curriculum**

Week 1—Breakfast to start your day strong

Week 2—Portion control

Week 3—Healthy snacking

Week 4—Plating it all out

Week 5—Water and hydration

Week 6—Supplements

***Please sign up at the Welcome Center by Monday, August 9th.***

For more information, please contact Dora Johannesen, Healthy Lifestyles Director, at 972-560-3885 or [djohannesen@ymcadallas.org](mailto:djohannesen@ymcadallas.org).

### **8/12—9/16/10 NUTRITION FITNESS PROGRAM REGISTRATION FORM**

Please take registration form to the Welcome Center on the 3rd floor or mail to:

T. Boone Pickens YMCA Attn: Program Office

601 N. Akard, Dallas, TX 75201 Fax: 214-953-0632 Email: [scasey@ymcadallas.org](mailto:scasey@ymcadallas.org)

Name \_\_\_\_\_ DOB \_\_\_\_\_

Address/City/Zip \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

By my signature, and of my free will, I do hereby agree to indemnify and save harmless the YMCA of Metropolitan Dallas from any and all claims or demands, costs or expenses arising out of injuries, damages or other losses, whether personal or property, sustained by me or any party to whom I am responsible.

Signature \_\_\_\_\_

### **YMCA Mission Statement**

To put Christian values into practice through programs that build healthy spirit, mind and body for all.