

PERSONAL FITNESS™

We build strong kids, strong families, strong communities.

**Do you need help getting started with working out?
Then this program is for you!**

**6 Week Program
Mondays, August 30—October 4, 2010
6:00—7:00 PM**

Join T. Boone Pickens YMCA Fitness Staff for this six week Personal Fitness Program. During the program you will receive coaching as you learn healthier habits in a group setting.

The program is free to members.

Please sign up at the Welcome Center by Thursday, August 26th.

**For more information, please contact Dora Johannesen,
Healthy Lifestyles Director, at 972-560-3885 or djohannesen@ymcadallas.org.**

8/30—10/4/10 GROUP PERSONAL 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

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.