



Weight Loss Challenge

At the T. Boone Pickens YMCA

8 Weeks (16 sessions)

\$45.00/YMCA Members

\$55.00/Activity Members

Meet with a Certified Personal Trainer twice a week to help you reach your weight loss goal.

Classes begin the week of September 20th

Register early—each team is limited to 20 people

Registration deadline is Thursday, September 16th

September 2010 Weight Loss Challenge Registration Form

Please take registration form and payment 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 _____

Phone _____ Email Address _____

E-mail Address _____

Session (please circle one) **Team 1 w/Kelly—Mon/Thurs @ 11:00am (Begins September 20th)**

Team 2 w/Dimitrius—Mon/Wed @ 6:15pm (Begins September 20th)

Team 3 w/Shelley—Tues/Thurs @ 6:00am (Begins September 21st)

Team 4 w/Shane—Wed/Fri @ 6:30am (Begins September 22nd)

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.

T. Boone Pickens YMCA * 601 N. Akard, Dallas, TX 75201 * 214-954-0500
www.tboonepickensymca.org