



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOU ARE SUPPOSED TO ENJOY IT!

## Get Really Excited About Training (G.R.E.A.T) FOR WOMEN!

This course is designed especially for those woman with the desire to get healthy and fit but face the overwhelming challenge of "gym atmosphere". This class will lessen your insecurities, build confidence and give you a better understanding of how to feel comfortable while working out on your own. Session will involve low student/instructor ratio in a private, after hour setting.

Sunday evenings from 5:00 pm – 6:00 pm  
March 3 – April 14

### Registration Dates

February 7, 2019 – March 3, 2019

### Cost

Y-Members \$30.00

Non-Members \$45.00

### Instructor

Sarah Perkins

### FMI

Quinn Barfield / Aaron Byrd

325-655-9106





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## G.R.E.A.T

**Participant Name:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Cell #:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Emergency Contact Name:** \_\_\_\_\_

**Relation:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Is there any health related concerns your instructor should know about?**

\_\_\_\_\_ **Yes (please explain below)** \_\_\_\_\_ **No**

**YMCA Mission:** The San Angelo YMCA will serve the people in the community of all faiths and ages with emphasis on families and youth, to permit them to achieve their God-given potential in spirit, mind, and body through its programs, staff, facilities, and the community.

**WAIVER:** I hereby, for myself and my agents, waive and release any and all rights and claims which I may have, or which may accrue against the YMCA of San Angelo and its respective officers, agents, sponsors, or any employees for any injury which may be suffered in connection with my child's participation in this activity. I hereby acknowledge that this program provides no insurance coverage and my own insurance will be used in case of an accident. By signing below, I am giving my permission for my picture to be taken and used for promotional purposes of the YMCA.

**PHOTO RELEASE:** Additionally, in consideration for being allowed to participate in YMCA membership and programs, I understand that images, video and film footage is often used by the YMCA of San Angelo for promotional purposes. For my participation in activities to be conducted by YMCA of San Angelo hereby give my permission and consent, now and for all time, to YMCA of San Angelo, The National Council of Young Men's Christian Associations of the United States of America (YMCA of the USA) and third parties collaborating with YMCA of San Angelo to make, reproduce, edit, broadcast or rebroadcast any video film, footage, sound track recordings and photo reproductions of me and/or my narrative account of my experience at YMCA of San Angelo for publication, display, or exhibition thereof in promotions, advertising and legitimate business uses without any compensation to, and/or claim, by me. I may, or may not be, identified in such reproductions; however, I shall not be stated by name to have endorsed any particular commercial products or commercial services.

**REFUNDS:** Full refunds will be issued only upon cancellation of the program. Should a refund be requested prior to the first meeting, a \$5.00 fee will be assessed.

**Participants Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_