



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTH POWER INTENSITY

## AMP: Metabolic Extreme Training Sessions OWASSO FAMILY YMCA

Get ready for a high-intensity, fast-paced small group program that will maximize caloric burn and increase your metabolic rate during and after the workout: AMP (Accelerated Metabolic Performance)!

Your metabolic rate is your body's ability to metabolize energy=food. Essentially, AMP is geared to assist you in burning more calories while at AMP as well as after, throughout the day and night, as your body metabolizes energy. AMP uses weights and resistance training in multi-joint exercises with very little rest.

AMP works to increase strength, burn more fat, and improve cardiovascular health in a small group of others alongside you, all working to be the best they can be!

- 8-week sessions start September 16th:  
M/W/F, 9:00am  
M/W/F, 10:00am  
\*Class confirmation subject to at least a 5-person enrollment

- Cost: \$180 for members, \$200 non-members  
\*Payment plans available. Only \$7.50 per session for training



**LOCATION:** OWASSO FAMILY YMCA  
8300 N. Owasso Expressway  
Owasso, OK 74012  
For more information contact: [aringleb@ymcatulsa.org](mailto:aringleb@ymcatulsa.org)  
Register in-branch or online: [ymcatulsa.org/register](http://ymcatulsa.org/register) (keyword: AMP)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Metabolic Training (A.M.P.)

PLEASE CIRCLE:

- 8-week sessions start September 16th:

M/W/F, 9:00am

M/W/F, 10:00am

\*Class confirmation subject to at least a 5-person enrollment

- Cost: \$180 for members, \$200 non-members

Participant's Name: \_\_\_\_\_

Male / Female: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

Email: \_\_\_\_\_

Cell: \_\_\_\_\_ Work: \_\_\_\_\_ Home: \_\_\_\_\_

Emergency Name & Number: \_\_\_\_\_

Xid (9-digits): \_\_\_\_\_ PW (4-digits): \_\_\_\_\_

THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES AND CONVENANTS NOT TO SUE the YMCA, its directors, officers, employees and agents (herein referred to as "releasees") from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether cause by negligence of the releasees or otherwise while the undersigned is in, upon, or about the premises or any facilities or equipment therein, or participation in any program affiliated with the YMCA, without respect to location.

Print Participant's Name: \_\_\_\_\_

Signature: \_\_\_\_\_

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

Date Paid and received by: \_\_\_\_\_