



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IRON GIRLS EMPOWERS WOMEN

Weight Training Program for Women: Fall Sessions DICKENSON FAMILY YMCA

This 12 week weightlifting class helps women build strength & transform their bodies. Iron Girls work to improve posture, increase strength, and lose mass. You'll see the biggest transformation to your body in years. Iron Girls learn proper exercise form & technique in classes taught by certified instructors. Wear exercise gear & bring a water bottle!

Cost: \$180 for Y members; \$200 for non-members

(just \$7.50/session; payments are an option)

*Limited to 8-10 Iron Girls per class; must be 18 or older & class confirmation subject to at least a 5-person enrollment

WHEN: Classes begin the first week of September

- T/R 5:30 am Iron Girls with Kelly
- T/R at 9:30am Iron Girls with Andrew (Play & Learn open)
- T/R at 4:30pm Iron Girls with Jen (Play & Learn open)
- M/W at 5:30pm Iron Girls with Camri (Play & Learn open)
- T/R at 6:00pm Iron Girls with Lori (Play & Learn open)

*** Iron Girls Level 2 (for those who have attended at least 3 previous Iron Girls sessions) Mondays at 5:30pm & Wednesdays at 6:00pm with Liz



Location:

DICKENSON FAMILY YMCA

8501 S. Garnett, FREE WEIGHT AREA

Sign up at Front Desk or for more information: aringleb@ymcatulsa.org

Online registration: ymcatulsa.org/register (keyword: Iron Girls)



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Iron Girls Registration Form

Prices

Members \$180 Non-Members \$200

12-WEEK FALL SESSIONS (please circle):

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

Participant's Name: _____

Member: Yes No Shirt size: _____ Age: _____

Address: _____

City, State, ZIP: _____

Email: _____ Cell: _____ Text? Y/N

Emergency Name & Number: _____

Xid: _____ PW: _____

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: _____