



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IRON GIRLS EMPOWERS WOMEN

Weight Training Program for Women: Fall Sessions DOWNTOWN YMCA

This 4-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: \$60 for Y members; \$80 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

- WEDS/FRI at 11:30am Iron Girls with Lonnie
- TUES/THURS at 5:30 pm Iron Girls with Lonnie

Location:

DOWNTOWN FAMILY YMCA
418 S Main St, FREE WEIGHT AREA

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

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





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Iron Girls Registration Form

Prices

Members \$60 Non-Members \$80

4-WEEK FALL SESSIONS (please circle):

- Weds/Fri at 11:30am Iron Girls with Lonnie
- Tues/Thurs at 5:30pm Iron Girls with Lonnie

*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: _____