



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IRON GIRLS EMPOWERS WOMEN

Weight Training Program for Women: Summer Session HUTCHERSON FAMILY YMCA

This 8 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 AND enjoy your fall and winter. 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 week of June 2

- Tuesdays and Thursdays at 6:00pm & Saturdays at 10:00am Iron Girls with Kitty

Location:

W.L. HUTCHERSON FAMILY YMCA

1120 E Pine St, 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

8 WEEK SUMMER SESSION:

Tuesdays and Thursdays at 6:00pm & Saturdays at 10:00am Iron Girls with Kitty

*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: _____