



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# IRON GIRLS EMPOWERS WOMEN

## Weight Training Program for Women: Summer Sessions OWASSO FAMILY YMCA

This 12 or 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 first week of June

- M/W/F at 9:00 am Iron Girls with Dawn (8 weeks) (Play and Learn open)
- M/W/F at 10:00 am Iron Girls with Leslie (8 weeks) (Play & Learn open)
- T/R at 5:30 pm Iron Girls with Dawn (Play & Learn open)



### Location:

OWASSO FAMILY YMCA

8300 N. Owasso Expy. , FREE WEIGHT AREA

Sign up at Front Desk or for more information:

[aringleb@ymcatulsa.org](mailto:aringleb@ymcatulsa.org)

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





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# Iron Girls Registration Form

## Prices

Members \$180 Non-Members \$200

12 or 8 WEEK SUMMER SESSIONS (please circle):

- M/W/F at 9:00 am Iron Girls with Dawn (8 weeks) (Play and Learn open)
- M/W/F at 10:00 am Iron Girls with Leslie (8 weeks) (Play & Learn open)
- T/R at 5:30 pm Iron Girls with Dawn (Play & Learn open)

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