



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NEXT LEVEL SMALL GROUP TRAINING

## SPRINT 8: Spring Sessions DICKENSON FAMILY YMCA

Ready to train like you never have before? Want to be motivated and push yourself to levels you never thought you could reach? The YMCA of Greater Tulsa is proud to announce a new era of small group training available at every branch.

The science-based Sprint 8 cardio workout program has been proven to boost energy, reduce body fat, promote lean muscle mass, and improve cholesterol. In a small group of 3-5 participants, you'll work with one of our Sprint 8 coaches three times a week for 8 weeks to push through barriers and reach new goals! Members are getting results, and they are getting them with Sprint 8 coupled with coaching at the YMCA of Greater Tulsa in this science and results-based program.

**Cost: \$200 for Y members; \$240 for non-members**

\*Payment plans available & only \$8 a session for training

\*\*Limited to 5 per class; must be 14 or older

**WHEN: 8-week sessions begin the week of April 1:**

- Mon/Weds/Fri, 6:30am with Jamye
- Tues/Thurs/Sat, 9:00am with Lori
- Tues/Thurs, 5:00pm with Liz & Sat , 10:00am with Julie

**Location:**

DICKENSON FAMILY YMCA

8501 S. GARNETT RD, BROKEN ARROW, OK

Sign up at Front Desk or [ymcatulsa.org](http://ymcatulsa.org), Keyword: Sprint8

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





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# Sprint 8 Registration Form

## Prices

Members \$200 Non-Members \$240

### SPRING SESSIONS:

#### 8-week sessions begin the week of April 1:

- Mon/Weds/Fri, 6:30am
- Tues/Thurs/Sat, 9:00am
- Tues/Thurs, 5:00pm & Sat, 10:00am

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

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

Member:      Yes                  No                  Age: \_\_\_\_\_

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

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

Email: \_\_\_\_\_ Cell: \_\_\_\_\_ Text? Y/N

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 "releases") 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 releases 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: \_\_\_\_\_