



# W.O.W.

## Women On Weights

Instructor: **Sondy Shiplett**

**September 15<sup>th</sup> & 17<sup>th</sup>**

**October 20<sup>th</sup> & 22<sup>nd</sup>**

**November 17<sup>th</sup> and 19<sup>th</sup>**

**December 15<sup>th</sup> & 17<sup>th</sup>**

This course is designed to focus on resistance training for women. With a primary emphasis on the proper use of free weights. Learn the tools to tone and sculpt your entire body. All classes held from 10:30 - 12pm. Cost \$25.

### Kirk Family YMCA

#### Participant's Information

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

What type of membership do you have?      Roanoke Valley Member \_\_\_\_\_      Non-Member \_\_\_\_\_

Email Address: \_\_\_\_\_      Age: \_\_\_\_\_      Birth Date \_\_\_ / \_\_\_ / \_\_\_

Home Phone: (\_\_\_) \_\_\_\_\_      Cell Phone: (\_\_\_) \_\_\_\_\_

Emergency Contact: \_\_\_\_\_      Relationship: \_\_\_\_\_      Phone #: (\_\_\_) \_\_\_\_\_

#### Program Information

Program Name: \_\_\_\_\_      Begin Date: \_\_\_ / \_\_\_ / \_\_\_

Day(s) of the week (circle)      M   T   W   TH   F   S   Su      Time of Day: \_\_\_\_\_      AM / PM

#### For YMCA Staff Only

Registration Date: \_\_\_ / \_\_\_ / \_\_\_

Signature: \_\_\_\_\_

Amount Paid: \$ \_\_\_\_\_      Receipt #: \_\_\_\_\_      Initials: \_\_\_\_\_