



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# P90X CLASSES

## What is P90X

An advanced training technique called Muscle Confusion™. Many fitness plans lead to “plateaus” where the body becomes accustomed to the routines, diminishing results. Instead, P90X provides an extensive variety of fat-burning, muscle-perfecting moves that continually challenge your body, so you keep getting fitter every day.

## Why:

P90X is a powerful yet flexible program that can help you lose excess fat, gain lean muscle, prepare for athletic events, excel at sports, and improve your health. Many P90X graduates find that they not only look and feel better than ever before, but they’ve also gained more confidence and a sense of accomplishment. Certified instructor, Kevin Crenshaw, will motivate and encourage you to reach your goals. Sign-ups are required for all classes.

## P90X Schedules

**Monday:** 5:30PM – 6:30PM      **Thursday:** 5:30PM – 6:30PM      **Saturday:** 8:05AM-8:35AM

## Fees For Members:

# of Sessions	1	5	10
Cost:	\$10	\$40	\$60

## Fees for Non-Members:

# of Sessions	1	5	10
Cost:	\$20	\$80	\$120

## Contact

Elizabeth Clark  
Senior Wellness & Community Development Director  
[eclark@ymcamemphis.org](mailto:eclark@ymcamemphis.org)

## OLIVE BRANCH FAMILY YMCA

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**OFFICE USE ONLY**

Receipt# \_\_\_\_\_ Amt Paid \$ \_\_\_\_\_

Cash Check # \_\_\_\_\_ Credit # \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Staff \_\_\_\_\_

# of Classes Purchased: \_\_\_\_\_

Dates/Times Scheduled: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Participant Information

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Trainer Preferred (If Known): \_\_\_\_\_

Are you a current YMCA Member: YES / NO (Please circle one)

**PLEASE NOTE:**

**ALL SCHEDULED CLASS CHANGES OR CANCELLATIONS MUST BE TAKEN CARE OF PROIR TO 24 HOURS BEFORE CLASS TIME. IF WITHIN 24 HOURS OF CLASS, PARTICIPANT'S CLASS WILL BE DEDUCTED FROM # OF SESSIONS PURCHASED.**

ANY QUESTIONS PLEASE SEE ELIZABETH CLARK.

**WAIVER** The YMCA of Memphis and the Mid-South will not assume responsibility for any injury incurred while participating in any athletic event, sports program, or any physically related activity. Nor will the YMCA of Memphis and the Mid-South be liable for lost or stolen items while program participants are using YMCA facilities or are on the YMCA premises. I, the undersigned for myself, my heirs and assigns do hereby release the YMCA of Memphis and the Mid-South, it's employees and agents from any and all claims for injury, death, loss or damage I may suffer as a result of my participation. I also assume full responsibility for removing myself from any media opportunities that I do not wish to participate in. I also agree to adhere to the YMCA Code of Conduct.

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