



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKING OUR COMMUNITY STRONGER

12-WEEK PERSONAL FITNESS PROGRAM GARDEN CITY FAMILY YMCA



Participant will schedule an initial appointment with Steven to get set-up on the program and determine goals. Progress will be recorded through-out the program by 3 additional scheduled appointments. These appointments will take place every four weeks and consist of a body assessment and measurements to track progress.

Instructor: Steven Lynch, Certified Personal Trainer through NETA

Program Length: 12 weeks

Fee: \$25 (*Exclusively for YMCA members*)

Any participant that completes the requirement of working out at least three times a week for 12 consecutive weeks will receive a T-shirt

Format:

A 12 week fitness program aimed at establishing a healthy habit for participants aged 12 and older (12-17 year olds must have an orientation before signing up). Program consists of a cardio and strength training circuit that is to be done at least three times a week for 12 consecutive weeks.

Each participant will have an initial strength test before the start of the program and one after the program is over. Body assessments will be done at the beginning and end of program.

For more information contact Steven Lynch, Health & Fitness Director
620.275.1199 or gckymca.fitness@gmail.com

Check us out on the web www.gardencityymca.org.

12-Week PFP Registration Form

Name: _____ DOB: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

E-Mail: _____

If interested in receiving text or email alerts visit www.rainedout.com and search Garden City Family YMCA

Both of these communication pieces will be used for cancellations, updates, specials and other promotions