



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# Cardio, Weights, Fun & Done

**R.I.P.P.E.D.  
DODGE CITY FAMILY YMCA**

This total body, high intensity style program, utilizing free weights, resistance and body weight helps you to create continuity, consistency and challenge in each class. The constantly changing format never lets the body adjust, helping you to achieve undeniable results in minimal time. No boredom here, for all levels, RIPPED is effective, it's tough yet doable, and will absolutely challenge your levels of fitness and endurance!

**WHEN:** New Session Each Month  
**TIME:** Monday/Wednesday/Friday 5:30-6:30am  
**INSTRUCTOR:** Stacie Droste  
Certified AFAA Group Fitness Instructor  
R.I.P.P.E.D. Certified Instructor  
**LOCATION:** United Wireless Communications Aerobics Room  
**AGE:** 16 years and older  
**FEE:** \$25 Members per month  
\$35 Program Participants per month  
\$3 per class for Members  
\$4 per class for Participants



Ask About our Helping Hands Scholarships  
For more information contact Stacie Droste, Healthy Living Director at 620.225.8157 or  
dckymca.fitness@gmail.com

**Check us out on the web [www.dodgecityymca.org](http://www.dodgecityymca.org).**

## RIPPED Registration Form

**Class (Circle): Jan. Feb. Mar. Apr. May Jun. Jul. Aug. Sep. Oct. Nov. Dec.**  
**Single Class**

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
D.O.B.: \_\_\_\_\_ Home Phone: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
Parent (if under 18): \_\_\_\_\_ Parent D.O.B.: \_\_\_\_\_

To sign up for Text alerts go to [https://www.rainedout.net/team\\_page.php?a=a8eecfb45d827b678c14](https://www.rainedout.net/team_page.php?a=a8eecfb45d827b678c14)

INTERESTED IN RECEIVING EMAIL BLASTS: YES NO

*Both of these communications pieces will be used for cancellations, updates, specials and other promotions.*