



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIVE FIT STAY FIT BOOTCAMP

Redbud Family Center



Start the year off right with our 2020 Live Fit Stay Fit Bootcamp, taught by Nathaniel Quillin. Three mornings a week we will do HIIT workouts to gain strength, endurance, and fitness while developing good habits to start off the New Year.

When: January 6-31, 2020
Days: Monday, Wednesday, and Friday
Time: 5:30am - 6:30am
Cost: Members: \$35
Non-members: \$75
Instructor: Nathaniel Quillin
Location: Redbud Family Center
3125 S. 32nd
325-695-3400
Questions? Contact Dawn at drevoir@abileneymca.org

The Y. For a better us.™



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIVE FIT STAY FIT BOOTCAMP

First Name: _____ Last Name: _____ Date: _____

Mailing Address: _____ City: _____

State: _____ Zip: _____ Phone (Primary): _____

Phone (Secondary): _____ Email Address: _____

Date of Birth: _____ Gender: _____ Shirt size: _____ Circle: TSHIRT or TANK

Emergency Contact Required: _____

Name: _____ Phone: _____

Cost: \$35 Members. \$75 Non-members

YMCA Policy & Waiver

Photo Release: I hereby ____ give or ____ do not give my consent to be photographed for publicity purposes. (Your photos will only be used for YMCA purposes).

By my signature and my free will, I do hereby agree to indemnify and save harmless the YMCA of Abilene from any and all claims or demands, costs, or expense arising out of any injuries or damages sustained by me or any party to or for whom I am responsible. Any cancellations or refunds will only be issued for medical reasons.

Signature: _____ Date: _____

Office use:

Amount Paid: _____ Receipt #: _____ Date: _____ Staff Initials: _____

Checked by: _____