



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

6-WEEK SUMMER BODY BLAST



Get in shape boot camp style and be ready for summer and all of its activities!

Experience high intensity full body workouts that target the major muscle groups of the upper and lower body. Specifically designed to make you SWEAT! This program targets multiple fitness goals, from weight loss to increasing muscle tone. We'll incorporate different workout styles from high intensity interval training, weight training, plyometrics, body weight exercises, and MORE! Achieve your best results with a unique and fun experience for all. *Get ready for summer 2019!*

- Instructor: Dailon Sherman, NASM Certified Personal Trainer
- Members \$40 *(\$2.22/session)*
 - Prospective Members \$60 *(\$3.22/session)*
- Minimum enrollment: 10
- Bring a Friend and Sign up today!

WHEN: Tues/Wed/Thurs; April 23rd – May 30th

TIME: 5:45 AM to 6:30 AM

LOCATION: FITNESS CENTER
Tues/Thurs – Track/Studio I; Wed – Track

About Dailon: Dailon Sherman is a NASM Certified Personal Trainer. She is also getting her B.S. in Exercise Science and Physical Education and Sport through Eastern Oregon University. Dailon enjoys living a healthy active lifestyle by lifting, hiking and running in her free time. Dailon's goal is to help you reach your goals of building lean body mass, losing stubborn body fat, or just learning how to be active and healthy.

Questions? Contact Elissa Morrison, Health & Wellness Director

P-R-I-N-T NEATLY

Participant's Name _____
(First) (Last)

Birth Date ___/___/___ Age _____ Male Female

Address _____

City _____ State _____ Zip Code _____ Phone # _____

E-Mail: _____

For participants under the age of 18:

Parent / Legal Guardian _____ Home # _____ Work / Cell# _____

Parent / Legal Guardian _____ Home # _____ Work / Cell# _____

EMERGENCY CONTACT (other than Parent/Guardian)

Name _____ Home # _____ Work / Cell # _____

Fees:

Y Member: \$40

Prospective Member: \$60

***All members and prospective members must have a Baker County YMCA Waiver and Authorization form on file to participate.**

BRING COMPLETED FORM AND FEE TO:

Baker County YMCA
3715 Pocahontas Rd
Baker City, OR 97814
(541)523-9622

FOR OFFICE USE

Amount Paid \$ _____
Receipt # _____ Date _____

REVISED APR-2019

Did you know online Registration is now available for almost all YMCA programs? Visit bakerymca.org to register!

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