



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A HEALTHY YOU AWAITS CLASSES

GROUP EXERCISE

The YMCA of Central Stark County is offering adult group exercise classes in Canal Fulton that will run for a 6 week session. Classes will be held at the S.A.L.T. Box Ministry Building.
Please contact Pam Leddon at pleddon@ymcastark.org or at **330-830-6275** for more information.

Fee: Come to any or all classes for one low fee per session

YMCA of Cen. Stark Co. Member: FREE
St. John Lutheran Church Members: \$16/6 wk. session
Non- Members: \$30/6 wk. session
Financial Assistance Available.

WHEN: Winter 2 session: Feb. 27 –Apr. 5, 2012

| | | |
|-------|-----------------|------------------------------------|
| Mon. | 6:00 – 7:00 pm | Zumba |
| Tue. | 9:30 – 10:30 am | Yoga |
| Tue. | 6:00 – 7:00 pm | Yoga |
| Wed. | 6:00 – 7:00 pm | 20/20/20 (cardio/strength/stretch) |
| Thur. | 9:30 – 10:30 am | 20/20/20 |



LOCATION: S.A.L.T Box Ministry (next to St. John Lutheran Church)
408 West Market St., Canal Fulton, OH

REGISTER: at the Paul and Carol David YMCA, 7389 Caritas Circle NW, Massillon, OH 44646 or we will accept walk-in registrations at the S.A.L.T Box Ministry before class times listed above.

Registration Information

Name _____ Phone _____ Birthday _____
_____/_____/_____

Address _____

City _____ State _____ Zip Code _____ Emergency Phone _____

Parent/Guardian Name _____

Release and Waiver of Liability

I hereby accept all responsibility for, and assume the risk of any injury or damage to my person or dependant children which might arise directly or indirectly as a result, and or participation in a YMCA of Cen. St. Cty. Program. I hereby expressly release, discharge and hold harmless from any liability whatsoever the YMCA, the various branches and subdivisions thereof, and all employees and volunteers in their capacities as representatives of the YMCA, expressly including, but not limited to, the Board of Trustees of the YMCA, except for injuries caused intentionally, or by willful misconduct. I certify that I am familiar with the contents of this release, that I have read and understand the same, and that it is my intention by signing this release that the same be binding not only on me, but my heirs, administrators, executors, successors and assigns. I understand that the YMCA of Central Stark County is NOT responsible for personal property lost or stolen while members and/or program participants are using YMCA facilities or on YMCA premises.

Signature (parent if under 18)

Paul & Carol David YMCA
7389 Caritas Cir NW
Massillon, OH 44646
330 830 6275 www.ymcastark.org

Session Id _____ 12W2 _____
program Code _15GROUPEX & 1STJOHNEX _____