

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

## 12-Week Personal Fitness Program



### Program Breakdown:

A 12-week program aimed at establishing a healthy fitness habit for participants age 18 or older. Program consists of a cardio and strength training circuit that is to be done at least three times a week for 12 consecutive weeks. Nutritional information will also be provided for each participant.



### Prize

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

### Appointments:

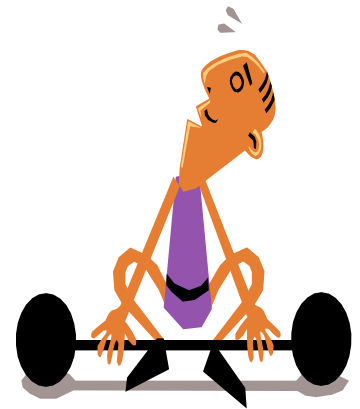
There will be an initial appointment with the director and a scheduled appointment every four weeks thereafter to monitor progress and cover new areas of fitness trends and nutrition that apply to the individual workout.

**Instructor:** Fitness Director Stacy Crase. Certified in Personal Training, Aerobics, Cardio, Medical Exer-Therapy, and Fit Pregnancy.

**Program Length:** 12 weeks

**Fee:** \$12 (Exclusively for YMCA members)

**Questions:** Contact Fitness Director Stacy Crase at (620) 275-1199 or [gckymca.fitness@gmail.com](mailto:gckymca.fitness@gmail.com).



### 12-Week Personal Fitness Program Registration

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Office Use Only  
Director Please Call \_\_\_\_\_ Initials \_\_\_\_\_