



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KICK PUNCH EMPOWER

Kickboxing



Kick Start Your Way to a Healthier You!

Small group Kickboxing training which integrates a high-intensity workout and targets your core strength and improving your endurance.

This 6-week program led by Dustin Paddie, a Certified Personal Trainer with 10 years of martial arts experience.

WHEN: Tuesday and Thursday
September 24—October 31

TIME: 8:00am—9:00 am

COST: \$150

Location: A. C. Lewis YMCA
225-924-3606

MINIMUM OF 4 PEOPLE AND MAX OF 8 PER CLASS
MUST REGISTER BY SEPTEMBER 17TH



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Kickboxing Registration
September 24 to October 31
6 weeks (12 classes)
Tuesdays and Thursdays 8:00a-9:00a

Name: _____ Phone: _____

Email: _____

Address: _____ Zip: _____

Emergency contact name: _____ Relationship: _____

Phone: _____

___ Paid in Full (\$150 for 6 weeks)

All payments are non-refundable.

I recognize that participation in YMCA activities may expose myself to some risk. I agree to hold the YMCA harmless from any claims for damage to property or injury, which may occur through participation in any activity at the YMCA or in its programs. The YMCA reserves the right to use photographs taken of program participants and their family for marketing and publicity. I have read and understand the above information.

Signature

Date

YMCA of the Capital Area Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.