



Scottsbluff Family YMCA

Women on Weights

Women Weight Training For ages 16 and up

Kierra Britsch, an ACE Certified Personal Trainer, who has been lifting at the YMCA for many years. Kierra has a passion for sharing her knowledge and experience with individuals who want to learn more about strength training. Kierra will help you learn safe and proper lifting techniques and resistance training to jumpstart you down the path to a healthier lifestyle.

Women Weight Training Program

- 6-week program
- Runs continuously, but will break for Holidays
- Meet Monday & Wednesday evenings 4:30-6 pm
- Cost Members = \$150 for six weeks
- Increase strength/endurance
- Become Comfortable and familiar with resistance training
- Group setting with Peer support

Women on Weights Registration

Participants Name _____

Date of Birth: _____ Age: _____

Serious Health Problems: No Yes

Explain: _____

Address _____

City _____ State _____ Zip _____

Email _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____

Goals: _____

I understand and am aware that I will/may be participating in physical activities and that the potential for accidents does exist. In consideration for being allowed to participate in the YMCA's program, I agree to assume conducting this YMCA program from any and all claims, suits, losses, or related causes of action for damages, including (but not limited to) such claims that may result from injury or death (accidental or otherwise) during, or arising in any way from the program. I also understand that the Scottsbluff Family YMCA may use, for publicity and /or promotional purposes, my (or my child's) name or pictures participating in this program, without obligation or liability to me or my family.

Signature _____ Date: _____