



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WORK HARD PLAY HARD

TURKEY DAY TABATA BEDELL FAMILY YMCA

Date: Thursday, November 26
Time: 8 – 8:45am OR 9 – 9:45am
Location: Character Center
Fee: \$5



Maximum of 15 participants

Before you hit the buffet, hit the gym! This holiday workout will challenge all individuals in short, twenty second bursts that are scalable to everyone!

TURKEY DAY TABATA

Name _____ Pick one: 8am Class OR 9am Class

Address _____ City _____

Email _____ Phone _____

Y Member? Y or N

In consideration for being allowed to participate in the YMCA exercise program, I agree to assume the risk of such exercise, and further agree to hold harmless the YMCA and its staff members conducting the exercise 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 my injury or death, accidental or otherwise, during, or arising in any way from, the exercise program. I consent to the use of any and all photographs taken.

Signature _____ Date: _____

(Parent or guardian signature if under 18)