



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PEDAL POWER

CYCLE EXTREME BEDELL FAMILY YMCA

Get your cycling fix over your lunch hour!
Taught by Adelee Dixon and Abby Rierson.

Dates: April 14 - 30 (3 weeks)

Wednesday/Friday

Time: 12:15 - 12:45pm

Monthly Fee: \$19 Members, \$33 Non-Members

Drop-In Fee: \$10 Members & Non-Members

Register online at https://bedell.activityreg.com/ClientPage_t2.wcs



Cycle Extreme

Name _____

Address _____ City _____

Email _____ Phone _____

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.

Signature _____ Date: _____

(Parent or guardian signature if under 18)