



Women's Fitness

2011

Registration Dates

Y Member	Begins May 23
Non Y Member	Not Available

Contact Information

Amy Shanahan
402.323.6407
ashanahan@ymcalincoln.org

Women's Fitness Training Class

Designed specifically for women, learning the proper techniques of the equipment in a social atmosphere!

Session Dates

June 13-July 7

Times

Mondays & Wednesdays

10:00-11:00 am

Tuesdays & Thursdays

7:00-8:00 pm

Fees

Y Member	\$15
Y Non-Member	Not available

Class Description

This four-week course designed specifically for women will provide instruction on the cardio equipment, machine weights, Quick Fit equipment and free weights. Work out while socializing and learning the safe and proper techniques of using the equipment. This class will also teach the basic components of exercise, nutrition and weight room etiquette. Sign up with a friend or meet a new workout partner!

Registration Information

Lincoln YMCA Refund Policy

A requested refund 2 business days prior to the start of any activity or class will be issued as 100% credit. After that a 50% credit will be issued prior to the start date of the activity. After the start of the class, no refunds will be given. If the YMCA cancels a class or program there will be a full refund.

Make-Up Classes

It is the policy of the Lincoln YMCA to not allow make-up classes by taking part in other classes due to participants being absent due to reasons not associated with the YMCA. (Vacations, illness, other activities, etc.) Class cancellations made by YMCA will be rescheduled.

Online Registration Available - ymcalincoln.org

To receive your user ID and pin number, please contact the Cooper YMCA front desk at 323-6407.

Photo/Video Disclosure Statement

The YMCA of Lincoln, Nebraska may on occasion take photographs and/or video of its members or program participants for use in print materials or by electronic methods. Your entry into YMCA facilities, participation in YMCA programs or participation in YMCA events grants permission for the YMCA of Lincoln, Nebraska to use these photographs and/or video in its marketing and public relations efforts.

Cooper Y

Cooper

6767 S. 14th Street
Lincoln, NE 68512
(402) 323-6400

Downtown

1039 P Street
Lincoln, NE 68508
(402) 434-9230

Fallbrook

700 Penrose Drive
Lincoln, NE 68521
(402) 323-6444

Northeast

2601 N. 70th Street
Lincoln, NE 68507
(402) 434-9262

Youth Sports

570 Fallbrook Blvd., # 210
Lincoln, NE 68521
(402) 434-9217

Camp Kitaki

570 Fallbrook Blvd., #210
Lincoln, NE 68521
(402) 434-9225