



Personal Training Small Group Classes Winter/Spring 2012

Contact Information

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Small Group Personal Training

Affordable. Personal. Effective Group Training. If you feel like you need to add something new to your workout routine without the large cost then Small Group Personal Training is for you. This class is 2-weeks in length and meet once a week. Classes are limited to 6 participants allowing each participant to receive individual attention yet working in a group setting. Each class is instructed by a Nationally Certified Personal Trainer.

Kettlebell Basics

Session & Registration Dates

Session Dates	Registration Dates		
March 8 - May 24	Y Members Begins February 20	Non Y Members	Begins February 27

Day & Time

Thursdays 7:35 - 8:25 pm

Fees

Y Family Member	\$ 60
Y Youth Member/Non-Member	\$120

Program Description

Kettlebell training is one of the most powerful full body workouts available for weight loss. In addition to maximum calorie burn, Kettlebell training improves all around physical strength and conditioning, core, and health. What makes kettlebells so effective is the combination of cardio, strength, and core training.

Registration Information

Registration

Complete the Small Group Personal Training Registration below. Return this, with payment, to the Front Desk at the Northeast Y.

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.

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.

Small Group Personal Training Registration Information

Name _____ Phone _____ Date _____
Address _____ City _____ Zip _____
Email _____ Birthdate _____ Age _____

Kettlebell Basics
March 8 - May 24
7:35-8:25 pm
Thursdays
Group Land Exercise Room

Registration is open to the first 6 participants. Those interested in a class time may be placed on a waitlist and contacted if a spot becomes available.

YMCA Staff: Please receipt and return to the Health and Wellness Director

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