MAKE THE MOST OF YOUR WORKOUTS

MYZONE™ Physical Activity Belts will be available for purchase starting in June and will use personalized readings to inform exercisers of their workouts’ intensity levels in real time on big screens in Aerobic/Group Exercise Centers. MYZONE™ also keeps track that information online so that members can see precisely how much progress they’ve made over time.

STEP 1: Purchase your MYZONE™ belt

STEP 2: Register for your MYZONE™ orientation

STEP 3: Utilize your MYZONE™ belt on your own, in small group exercise classes, or intensify your workouts in Zone40 classes!

STEP 4: Prepare yourself for MYZONE™ Challenges!

Visit our website for more info on the MYZONE™ steps at www.springfieldymca.org
Please select your MYZONE™ package

<table>
<thead>
<tr>
<th>MYZONE™ Belt Only</th>
<th>Belt &amp; Orientation</th>
<th>ZONE40</th>
<th>Belt &amp; ZONE40</th>
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</thead>
<tbody>
<tr>
<td>MYZONE™ Belt Only</td>
<td>View dates flyer</td>
<td>July 9-August 12</td>
<td>July 9-August 12</td>
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<tr>
<td>$80</td>
<td>$100</td>
<td>$48</td>
<td>$128</td>
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<td>MYZONE™ Belt</td>
<td>MYZONE™ Belt</td>
<td>40 Min. Class Once a Week</td>
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<td></td>
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Maximize your workout today!

REGISTRATION FORM (one form per participant)

Name__________________________________________ Birth Date________________ Age________
Address________________________________________ City__________________ Zip________
Home Phone # ___________________________ Cell # ___________________________
Email __________________________________________ Emergency Contact__________________________

Your MYZONE™ Registration Package__________________________________________________________

☐ I would like to make a gift to help a child participate in YMCA programs. I am adding $__________ to my registration for the YMCA Strong Kids Scholarship Fund. All gifts are tax deductible.

☐ I hereby register. I allow the YMCA to seek emergency care for me if required. I also grant the YMCA permission to use photographs of me in promotional materials such as brochures, ads, website or newspaper releases. I will not be informed or reimbursed for such photographs.

Signature__________________________________________ Date________________________

Contact:
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