



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**JOIN THE CLUB
& Maximize your
membership!**
Work out 180 days in 2019 and be
inducted into the YMCA "180 Club."

FREE MEMBER PROGRAM!

1. Workouts will be counted by days and must happen at the YMCA of Springfield, IL, proven by member check in. (Three swipes in one day, still equals one day!)
2. We depend on the honor system for you to actually be working out! (Your health will thank you.)
3. You must meet the number of days by the date specified to earn a prize, no less.
4. Workout days that are part of a program, such as Lose Big, Silver Sneakers, or Total Body Transformation, count towards your goal!
5. Other special incentives and challenges may occur throughout the year.

*Reach 180 days by 12/31/19 and receive a sport-tek graphite heather t-shirt with the 180 club logo!

*Reach 90 days by 7/1/2019 and receive this portable phone charger!



Registration Form (one form per person)

FREE! Registration opens 12/6/18. Must be registered by 1/31/19. Ages 18+. Members only.

Name _____ Male Female

Birth Date _____

Address _____ City _____ State _____ Zip _____

Home # _____ Cell # _____ e-mail _____

T-Shirt Size: (circle one) Men/unisex fit Women's fit (circle one) xs s m l xl xxl xxxl

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 for the YMCA 2019 "180 Club." I have reported all pertinent health information. 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 material such as brochures, ads, websites, or newspaper releases. I will not be informed or reimbursed for such photographs.

Name _____ Date _____

Signature _____

For Office Use Only: FIT19 Branch 1 Date _____ Amount _____ Staff _____