

FREE



DEMONSTRATION

Curious about Myzone™ and how it works? You will experience condensed Y-Cycling and HIIT (High Intensity Interval Training) classes and see Myzone™ in action. Classes will be held on the following dates and times listed below. Registration is required to attend.

Sign up for a Myzone™ Demonstration

REGISTRATION FORM (one form per participant)

Name _____ Birth Date _____ Age _____
 Address _____ City _____ Zip _____
 Home Phone # _____ Cell # _____
 Email _____

DOWNTOWN

2:00-3:00 PM

- Sunday, January 6
- Sunday, January 13
- Sunday, January 20
- Sunday, February 3
- Sunday, February 17

KERASOTES

2:00-3:00 PM

- Sunday, December 30
- Sunday, January 27
- Sunday, February 10
- Sunday, February 24

Contact:

Cindy Jordan
 Association Director of Health & Wellness
 cjordan@springfieldymca.org
 217-679-1625 ext. 183

Office Use Only: SE19
 Amount Paid: _____
 Date _____ Staff _____
 Branch 1 _____ Branch 2 _____



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY