Join the Myzone community and start the New Year off in the zone. This is an 8 week small group program that combines High Intensity Interval Training HIIT with the Myzone tracking system! Coaches will have a team of no more than 6 participants to help meet and exceed their fitness goals. Participants meet twice a week for workouts, along with having the support of their coach throughout the entire program. The coaches will show you the importance of varying your workouts (red/yellow days, blue/green days). Coaches will help you work towards an overall healthy lifestyle.

Here’s what to expect in the challenge:

⇒ Weigh in before and after challenge
⇒ Myzone fit test at the start of and the end of the challenge
⇒ Weekly leaderboard post with names of participants who meet their goals
⇒ Prizes for those that meet their Myzone Effort Points each time they hit their goals.

CLASS DAY AND TIMES PLEASE CIRCLE TWO OPTIONS:

Downtown:
Monday - 6:30-7:00pm with Coach Tony
Wednesday - 5:30-6am with Coach Tony
Thursday - 6:15-6:45am with Coach Ron
Saturday - 8:00-8:30am with Coach James

Kerasotes:
Wednesday at 6:30-7:00am with Coach Lacey
Wednesday at 6:00-6:30pm with Coach James
Friday at 8:00-8:30am with Coach Ali
Saturday at 7:30-8:00am with Coach Lacey
Yzone 8 Week Challenge

The YMCA’s Yzone 8 week challenge is a small group program that uses the Myzone Heart Rate Tracking System in combination with High Intensity Interval Training. The goal of this program is to help individuals master their Myzone MEPS and reach their personal fitness goals. Coaches will the program be held at both locations! Each team class must have a total of 6 registered in each group or they will be combined.

1. The Yzone 8 week challenge will run from January 6 through March 1 (8 weeks).
2. There will be several classes to choose. Pick two classes that best fit your schedule.
3. The challenge is open to individuals that have a Myzone Belt and registered for the challenge.
4. Weigh in will be done in the beginning of and after the challenge.
5. The Myzone fit test will be conducted in the start and end of challenge.
6. All participants who meet specific MEPs goals throughout the challenge will be entered for a grand prize. There will be a maximum of 5 entries or the grand prize.
7. The grand prize entries are made at the following MEP levels: 1300, 2000, 4000, 5000. There are a maximum of 5 entries for the grand prize, but participants are still eligible for weekly challenge drawings.
8. Coaches will lead team participants in mini challenges within their own group as well as challenging other groups.
9. Special incentives will be given during the program for those who meet the weekly challenges.

REGISTRATION FORM (one form per participant) Space is limited.

Members with belts $86.00_____

Members cost with the purchase of a belt, only $166_____

Name______________________________ Birth Date__________________ Age_____

Address________________________________ City_________________________ Zip______

Home Phone #_________________ Cell # _____________________________

Email________________________________________

Emergency Contact_____________________ Emergency Contact Cell # _______________________

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

Contact:
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Association Director of Health & Wellness
cjordan@springfieldymca.org
217-679-1625 x 183

Office Use Only: SE20
Amount Paid: ___________
Date______ Staff_____
Branch 1____ Branch 2____