



FOR YOUTH DEVELOPMENT  
SOCIAL RESPONSIBILITY  
HEALTHY LIVING

# Foundations of Group Exercise Certification

Saturday, February 11, 2012  
8:00am - 5:00pm

Carl and Linda Grubb Family YMCA  
PO BOX 170 Trinity, NC 27370  
336-861-7788 [mmorgan@hpymca.org](mailto:mmorgan@hpymca.org)

## Become a Group Exercise Instructor!



- Learn how to apply cardio-respiratory & neuromuscular exercise science
- Discover leadership skills & motivation techniques
- A practical session on proper exercise selection, execution, and safety is included

## Become a Group Exercise Instructor!

Carl and Linda Grubb Family YMCA PO BOX 170 Trinity, NC 27370 \* [www.grubbfamilyymca.org](http://www.grubbfamilyymca.org)

For more information please contact Meredith Morgan at 336-861-7788 or [mmorgan@hpymca.org](mailto:mmorgan@hpymca.org)



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<b>Registration Fee:</b>	<ul style="list-style-type: none"><li>• \$60 Registration Fee</li></ul>
<b>Prerequisites:</b>	<ul style="list-style-type: none"><li>• Must be over 18</li><li>• Hold a current CPR Certification</li><li>• Hold "Healthy Lifestyle Principles" Certification</li></ul>
<b>Vital Information</b>	<ul style="list-style-type: none"><li>• There will be a written exam</li><li>• Wear comfortable/ exercise clothing. We will demonstrate some exercises.</li><li>• Fees due 2 days prior to class start</li></ul>



YMCA Foundations of Group Exercise ——— Saturday, February, 11 2012 ——— 8:00am - 5:00pm

Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Phone Number: \_\_\_\_\_  
Address: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Please make checks payable to: Grubb Family YMCA PO BOX 170 Trinity, NC 27370  
For more information contact Meredith Morgan @ [mmorgan@hpymca.org](mailto:mmorgan@hpymca.org).

Note: In consideration of being permitted to utilize the facilities, services and programs of the YMCA for any purpose including, but not limited to, observation or use of the facilities or equipment, or participation in any off-site programs affiliated with the YMCA, the undersigned for himself, herself and any personal representatives, executors and administrators, WAIVE, RELEASE, DISCHARGE AND COVENANT NOT TO SUE the High Point YMCA, their directors, officers, employers and their agents for any and all injuries and other damages which he/she may suffer in connection with his/her participation in the program or any other activities."

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Reviewed by legal counsel 9-12-06