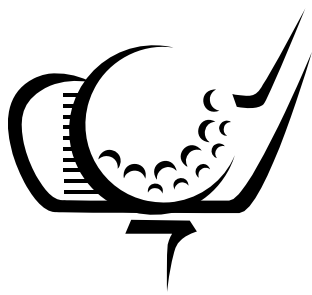


Pilates for Golfers



Part 2

Saturday, November 21

11 a.m. to 12:30 p.m.

Fitness Center Aerobics Studio

Improve your swing, master your short game, and gain the precision and control needed to show off to all your friends!

**Presented by Deborah Short,
Pilates Certified Instructor and
AFAA Certified Personal Trainer**

**\$35 per person includes snacks, lecture, and exercises
Register online at www.hpymca.org.**

Name _____

Address _____

Phone Number _____ E-mail address _____

Birthdate _____

"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 _____

(Signature of Parent or Guardian if under age 18)

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

YMCA mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.