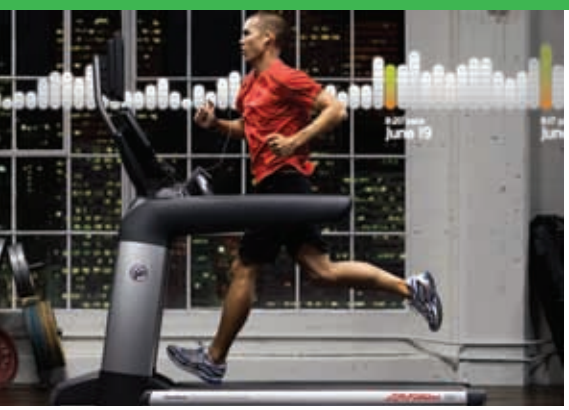
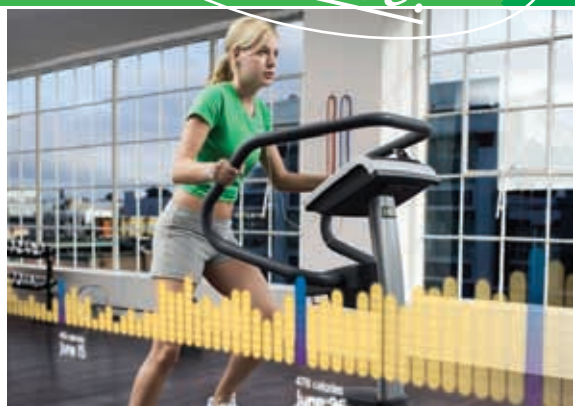
Mission Valley YMCA

Y-CARDIO CLUB

REGISTRATION FORM

Join Us... It's Free!





FIRST NAME: _____ LAST NAME: _____

EMAIL: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

ADDRESS: _____

CITY: _____ STATE: _____ DATE OF BIRTH: ___/___/_____

WHICH FACILITY DO YOU USE MOST? (CHECK ALL THAT APPLY)

☐ FRIARS RD ☐ TOBY WELLS ☐ HAZARD CENTER

APPROXIMATELY HOW OFTEN DO YOU WORKOUT?

☐ < ONCE A WEEK ☐ 1-2 TIMES PER WEEK ☐ 3 OR MORE TIMES PER WEEK

**Your privacy is important to us. NONE of the information you provide will ever be sold or provided to any 3rd party. Your contact info - including email - will be used to solely for informational YMCA communications, and you may opt-out at any time.*

STAY ON TRACK & STAY MOTIVATED

The Mission Valley YMCA Cardio Club is designed to help you get the most out of your cardio workouts in the gym. Using the latest Nike + iPod for the Gym technology, the Cardio Club will help push you to new fitness heights while keeping your workouts fun and interactive.

FOR MORE INFORMATION ON THE Y-CARDIO CLUB,
EMAIL KATE ROSENBERG: KROSENBERG@YMCA.ORG.