



LOSIN' IT IS BACK!!!

FOR A HEALTHIER YOU!

ERIC SNOW FAMILY YMCA



PROGRAM RUNS: OCT. 31 – DEC. 21

- 8 week program / Class size is limited to 25/class, M/W
- Fee: \$9.00/Members & \$89/Non-Members fill out form
Non-Members will have access to the Wellness Center & Pool/Hot Tub/Sauna on Tuesdays, Thursdays, & Saturdays.
- All Members Register at Membership Desk
- TOP PRIZES given to: Overall & Most Inches Lost
- Aultman Hospital will be collaborating with The Losin' It Program

2016 LOSIN' IT Participant Registration Form

Name _____ Address _____

City _____ Zip _____ Phone _____

e-mail _____ DOB _____

Release and Waiver of Liability

I hereby accept all responsibility for, and assume the risk of any injury or damage to my person or dependent children which might arise directly or indirectly as a result, and or participation in a YMCA of Central Stark County program. I hereby expressly release, discharge and hold harmless from any liability whatsoever the YMCA, the various branches and subdivisions thereof, and all employees and volunteers in their capacities as representatives of the YMCA, expressly including, but not limited to, the Board of Trustees of the YMCA, except for injuries caused intentionally, or by willful misconduct. I certify that I am familiar with the contents of this release, that I have read and understand the same, and that it is my intention by signing this release that the same be binding not only on me, but my heirs, administrators, executors, successors, and assigns. I understand that the YMCA of Central Stark County is NOT responsible for personal property lost or stolen while members and/or program participants are using YMCA facilities or on YMCA premises.

Signature _____ Date _____

TOP PRIZES FOR THE LOSIN' IT

- 1ST Prize **OVERALL (Weight % & Inches Lost)** Winner- \$100 in prizes

Wellness Card completed;

Highest percentage of Participation in Fitness classes, (3) Health Talks, pre/post completion of screenings/measurements/weigh-ins

- 2ND Prize **MOST INCHES LOST** Winner- \$75 in prizes

Wellness Card completed;

Highest percentage of Participation in Fitness classes, (3) Health Talks, pre/post completion of screenings/measurements/weigh-ins

- 3RD Prize **FULL PARTICIPATION** Winner- \$50 in prizes

Wellness Card completed;

Highest percentage of Participation in Fitness classes Fitness classes, (3) Health Talks, pre/post completion of screenings/measurements/weigh-ins