



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE SOLUTION TO YOUR RESOLUTION!


THE I ♥ FITNESS CHALLENGE

The YMCA's 29-Day "I Heart Fitness Challenge" is a motivational program that will help "Up Your Game" to a healthier you in 2020. Turn your workouts into points and win awesome prizes, BUT the real prize is a lifetime of wellness that starts TODAY!

Registration: Jan 20th - Feb 7th

Program Runs: Feb 1st - 29th

This program will include:

- I Heart Fitness Challenge T-Shirt
-  Coupon Card, \$50 value!
- Weekly Giveaways!
- Achieve 2020 points and have a chance to win one of these prizes!
- GET BONUS POINTS: Sign up for the YMCA LEAP DAY 5/10K on Feb. 29th!!!
- **I ♥ FITNESS PRIZES:**
 - \$100 Kohl's Gift Card
 - \$50 Hy-Vee Gift Card
 - \$41 Ottumwa YMCA Credit



Member: \$20.20
Non-Member: \$29
(includes Y membership for Feb)

REGISTRATION FORM

(Must be 10 years of age or older to participate)

Shirts will be distributed mid way through the program.
Must register by Feb. 1st to ensure shirt size.



Please Indicate your Shirt Size

- Small
- Medium
- Large
- X-Large
- XX-Large + \$2
- XXX-Large + \$2

First Name: _____ Last Name: _____ Date: _____

Age: _____ Phone: _____ E-mail: _____

Address: _____ City: _____ State: _____ Zip: _____

FEES:

Member: \$20.20

Non-Member: \$29.00

PARTICIPATION AGREEMENT

(This must be signed by the participant)

I am entering a Ottumwa YMCA program. I understand the risks involved in this type of program & I agree I am taking part in this program at my own risk. By signing this form, I release the Ottumwa YMCA, City of Ottumwa, sponsors, organizers, volunteers and officials from any liability including claims for personal injury, death, and other damages that occur during, because of, or in travel related to my participation.

Participant Signature

Date

Parent/Guardian Signature

Date

FOR OFFICE USE ONLY!

PAID: _____ PACKET GIVEN: _____

DATE: _____ STAFF INITIALS: _____

For more information about this program, please contact Kathy Sisler, Health & Member Services Director at 641-684-6571 ext.26 or by email at kathy@ottumwaymca.com