



TRI CITY FITNESS

CHALLENGE

BATH AREA FAMILY YMCA



TEAM YMCA REGISTRATION

INDIVIDUAL INFORMATION

Name (first, last): _____ E-mail: _____

Address: _____

City: _____ State: _____ Zip: _____

Date of Birth (MM/DD/YY): _____ Gender (check one): Male Female

In case of emergency: name/number: _____

T-shirt size: small medium large XL XXL XXXL

Select the type of registration:

- Team YMCA registration for Members: \$99
- Team YMCA registration for Community Members: \$120
- "Tri City Challenge" 3-month membership/registration combo: \$249

mail or bring in the top half of this form to the Bath Area Family YMCA, 303 Centre St, Bath, ME 04530 443-4112

TRI CITY FITNESS CHALLENGE

Team YMCA Registration includes:

- Tri City Fitness Challenge T-Shirt
- Weekly group workouts and workshops
- Private weigh-ins (optional)
- 12 weeks of workout routines and trainer tips
- Access to all Tri City Fitness Challenge workouts/workshops at the Y, Maine Pines, and New England Medical Fitness

Maine Pines
Brunswick

New England
Medical
Fitness
Topsham

Bath Area
Family YMCA
Bath

Information will be posted on the Special Events page at www.bathymca.org.

For more information about Team YMCA, contact Mike Proulx at 443-4112x27 or michael@bathymca.org

For general information about the Tri City Fitness Challenge, contact Ida Messerman at 798-9319.

CHALLENGE KICK OFF
January 7, 2012, 1pm,
Mid Coast Hospital Cafeteria