# LogoLogoYOUNG WOMEN’S CHRISTIAN ASSOCIATION

Cor. Freetown Road and St Thomas Street

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Check us out on Facebook: **YWCA-BELIZE**

**YWCA FITNESS INSTRUCTOR FORM**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sex: F M**

**Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age (D/M/Y): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Phone (home): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone (work): \_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone (cell): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Area of Specialty: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Occupation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Session: ( ) July 2nd-July 20th, 2012 ( ) July 23th- August 11th, 2012**

**Time: ( ) 4:15 pm- 5:15 pm ( ) 5:30pm – 6:30 pm**

* *Classes are Mondays, Tuesdays, Wednesday, and Thursday @ 4:15pm & 5:30pm.*
* *Mondays (Taebo/ Aerobics), Tuesday (Cardio), Wednesday (Karate/kickboxing), Thursday (Water Aerobics/Zumba)*
* ***Incentives*** *are given for the* ***Biggest*** *Weekly/ Monthly/ Overall (Weight)* ***Loser***

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***Disclaimer****:*

*I agree to partake by training participants attending the Fitness Programme. I agree to operate in a professional manner and to abide by rules of the institution.*

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***Signature******Witness*** ***Date***

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