



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAUGH MOVE ENGAGE

Delay the Disease ALGONA FAMILY YMCA



Our motivation is to restore independence, laugh and above all delay the symptoms of neurological disorders. You will be greeted with a positive attitude by people that are here to assist you in achieving success.

Class safety will always be our number one focus. A health screening prior to your first class. Class will consist of:

- Aerobic Exercise
- Flexibility Training
- Strength Training

WHEN: Tuesdays, beginning **April 1st**

TIME: 1:00-2:00

LOCATION: ALGONA FAMILY YMCA (YOUTH GYM)
2101 E. McGregor Algona IA 50511 515-295-7701

CLASS SIZE: 12

COST: \$12.00 for a 6 week session \$3.00 for a one day pass

Every 3rd Tuesday of the month, class will be held at Van Buren Terrace at 2:30.



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At the beginning of your first class, all participants must complete a physical activity readiness questionnaire (PAR-Q). Prior to your first class, questionnaires may be turned in at the Algona Family YMCA front desk, attention; Jen Carr or Val Lauck.

Registration Information:

Name of participant: _____

Name of guest (caregiver): _____

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Office Use:

Amount Pd _____ Date Pd _____ Cash _____ Check # _____ Credit/Debit Card _____