



# ADULT OPEN WORKOUTS

Ages 16 & Up – 8-Week Session

Tuesdays 8:00 – 9:30 pm

Sept. 25, Oct. 2, 9, 16, 23, 30,

Nov. 6, 13, 2018

REGISTRATION FORM, REGISTRATION FEE AND SESSION FEE NEEDED AT LEAST 24 HOURS PRIOR TO THE START OF THE SESSION – ACCEPTED UNTIL FULL

UNDER 18, FORM MUST BE SIGNED BY PARENT OR LEGAL GUARDIAN  
REGISTRATION IS LIMITED

DRESS CODE: Socks or bare feet only, no sneakers. Long hair pulled back, limited jewelry, athletic clothing (modest attire), no jeans.

2018-2019 Registration Fee - \$15.00

Session Fee - \$92.00

1641 North French Rd. Getzville, NY 14068

[www.buffalogymcenter.com](http://www.buffalogymcenter.com)

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