



# ADULT OPEN WORKOUTS

Ages 18 & Up – 6-Week Session

Tuesdays 8:00 – 9:30 pm

March 12-April 16

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

**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 - \$70.00

1641 North French Rd. Getzville, NY 14068

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

716-639-0020