



**REGISTRATIONS DUE BY November 7**  
**Greater Glenville Family Branch**  
**EXERCISE**

**Glenville Senior Center YMCA EXERCISE Classes**

To participate in classes, a Glenville Senior Center Membership is required

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone # \_\_\_\_\_

Email address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

**November 2022**

November 9-30

**Fees:**

**Cardio Fit** (Mondays) = \$15 (min 6 to run)

**Balance** (Tuesdays) = \$15 (min 6 to run)

**Chair/Mat Yoga** (Wednesdays) = \$20 (min 9 to run)

**Class(es) Registering For:**

Name of Class(s): \_\_\_\_\_

Day(s): \_\_\_\_\_

Time(s): \_\_\_\_\_

**Please make checks payable to: Capital District YMCA**

If you are not able to make in person registration

**Mail checks & completed form to:**

**Pam Capuano-Hodge by 11/7/22**

Call 518.399.8118 (Ask For Scott)

Greater Glenville Family YMCA

127 Droms Road

Glenville, NY 12302