

## Thank you for your interest in our Virtual Fitness Classes

To enroll please complete, save and email the form below to  
[vdimartino@ywcannj.org](mailto:vdimartino@ywcannj.org) to receive your Zoom link.

### YWCA Senior Wellness Program Registration Form 2022

*The YWCA NNJ runs a variety of programs for all Bergen County residents age 60 and up  
Please see [www.ywcannj.org/seniors](http://www.ywcannj.org/seniors) for more information*

Classes are FREE thanks to funding from Bergen County Division of Senior Services and YWCA donors.

The following information is required for participation in the program- PLEASE PRINT.

Participants First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
Participant's Address: \_\_\_\_\_  
Email: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

1. Are you interested in virtual fitness classes? Yes No
2. Are you interested in Senior Mental Health Support Group? Yes No
3. Are you interested in Friendship Friday's programs? Yes No
4. Are you interested in virtual Senior Wellness Socialization programs? Yes No
5. Are you interested in YWCA classes at a local senior center Yes No
6. Which center do you attend?
 

<input type="checkbox"/> Midland Park	<input type="checkbox"/> Garfield	<input type="checkbox"/> East Rutherford	<input type="checkbox"/> Bergenfield
<input type="checkbox"/> Ridgefield Park	<input type="checkbox"/> Elmwood Park	<input type="checkbox"/> Hackensack	

#### **Demographic Information:**

**Gender**  Female  Male  Transgender  Intersex  Other

**Sexual Orientation** (optional)  Heterosexual/Straight  Lesbian/Gay  Bisexual  Unsure  
 If not listed above, please specify \_\_\_\_\_

**Ethnicity:**  Hispanic or Latino  Not Hispanic or Latino  
 White  Black  Asian  American Indian/ Eskimo/Aleut  Hawaiian/Pacific Islander  
 Hispanic  Multi Racial (check all that apply)

**Income**

<input type="checkbox"/> \$ 0 - \$1,073 a month (1-person, FPL)	<input type="checkbox"/> \$ 0 - \$1,452 a month (2-persons, FPL)
<input type="checkbox"/> \$1,074. - \$2,754 a month (1-person, Elder Index)	<input type="checkbox"/> \$1,453. - \$3,622 a month (2-persons, Elder Index)
<input type="checkbox"/> \$2,755 a month or above (1-person)	<input type="checkbox"/> \$3,623 a month or above (2-persons)

#### **Emergency Contact**

Name \_\_\_\_\_ Relationship \_\_\_\_\_  
Cell \_\_\_\_\_

## Permissions and Waiver

**YES**, you have permission to use my photo/video in YWCA Northern New Jersey communications, marketing and public relations. I understand that the photos/videos may be used in print, video, digital media, presentations, public relations materials, and social media. I also understand that I will not be compensated for the use of such photos/videos.

No, you do not have my permission.

**YES**, the person named on this contract is in good health and is able to fully participate in all activities offered at the YWCA program. In an emergency, when either I or the emergency contact above cannot be reached, I hereby give permission for the YWCA to take any action deemed necessary.

**YES**, I have read, fully understand and accept this release, hold harmless and waiver. I agree to release and hold harmless YWCA Northern New Jersey and all of its affiliates and its and their officers, directors, trustees, employees, agents, representatives, successors or assigns from any all claims or causes of action. I, further agree to give up or waive any right that you may otherwise have to bring claims or causes of action, including for negligence where not prohibited by law, against YWCA Northern New Jersey or any of its affiliates and its and their officers, directors, trustees, employees, agents, representatives, successors or assigns for personal injury, including death, or loss of or damage to property.

### PLEASE PRINT

Name \_\_\_\_\_  
Home Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Telephone No: \_\_\_\_\_ Email: \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_

**Thank you for your interest in our Virtual Fitness Classes**

Please complete this form and submit to receive your Zoom link.

**YWCA IS ON  
A MISSION**  
eliminating racism  
empowering women

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**ywca**

Northern New Jersey

Bergen • Essex • Hudson • Morris • Passaic

Thank you for your interest in the YWCA Senior Wellness program.

YWCA Senior Wellness Program is a program for Bergen County Seniors and is funded through a contract with the Bergen County Division of Senior Services and additional earmarked YWCA funding such as community donations and voluntary support of participants.

Here are some of our program offerings:

**VIRTUAL FITNESS CLASSES** - such as Tai Chi, Yoga, Zumba and Fit and Fabulous, these classes run Monday through Friday.

**SUPPORT GROUP** - Our very popular Healthy Mind, Healthy Life virtual support group offers seniors a place to share and process the challenges they face every day.

**FRIENDSHIP FRIDAY** - Twice a month health and wellness seminars.

**SENIOR WELLNESSBOOK GROUP** - Join us the last Tuesday of every month for an engaging discussion on our monthly book.

To participate, please complete the enrollment form and you will receive the links to all our program registrations.

YWCA WELLNESS Program

[vdimartino@ywcannj.org](mailto:vdimartino@ywcannj.org)

We also offer fitness classes' onsite at your local senior center, click here for information on those centers. <https://www.co.bergen.nj.us/division-of-senior-services/senior-activity-centers>

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