

SHEBOYGAN YMCA

812 Broughton Drive, Sheboygan, WI 53081
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www.sheboygancountyyymca.org



THE POWER OF 20

FROM BORING TO ADORING: PRACTICES & ATTITUDES FOR HIGH VIBRATIONAL LIVING

THURSDAYS, APRIL 18 - JUNE 4, 2022

Ages 11 & Older

Purpose: Teach practices and attitudes for the development and living of holistic self-love and goal achievement.

- It all starts with knowing who we are at our foundation, what truly happens when we use the words "I AM."
- From there, we shift into recognition of gratitude and the benefits of optimism.
- Up next, we look into our imagination, which Einstein views as "the preview of Life's coming attractions."
- Once we have this base structure in awareness of our infinite power, we can map out our ideal situation in "The Five F's" - faith, family, fun, fitness, finances.
- Lastly, using all this knowledge, we will create actionable goals to achieve this ultimate lifestyle.

I am pure excitement, honor, and gratitude to guide us through this beautiful, life-enhancing experience. See ya'll in class!!

This class meets at the Sheboygan YMCA. Registration deadline is April 14, 2022.

Youth (Ages 11-17)

Thursday..... 4:00pm-5:15pm

Adults (Ages 18+)

Thursday..... 5:30pm-7:00pm

Excellent energy and healthy flow to the year everyone. My name is Joseph Wilke. I grew up in Sheboygan, WI, graduating South High School in 2010. I then went on to earn my BS - Physical Education degree from the University of Wisconsin - La Crosse. From there, I had the great fortune of teaching in Milwaukee, WI for 6 years before making the transition into full-time entrepreneurship in the areas of art, wellness, and youth talent development. A few of my favorite hobbies include: vibing with nature (specifically beach tanning and forest walks), exercise (mainly yoga, weight training, and basketball), and mindset development activities (such as reading, journaling, and audio/video clips). My top two success tips are: 1) Your imagination is real, pursue that; and 2) You get what you give, so give love.



SHEBOYGAN YMCA 2022 THE POWER OF 20

Please return to the Sheboygan YMCA, 812 Broughton Drive, Sheboygan, WI 53081

Name _____ Birth Date _____ M F
 Address _____ City _____ State _____ Zip _____
 Phone 1 _____ Phone 2 _____ Email _____

Hold Harmless Agreement

I hereby agree to waive any claim or liability I may have on the YMCA arising out of use of the facility, and further agree that I will indemnify and save harmless the YMCA from any and all claims brought against the YMCA, its members and volunteers, on account of death, injury, or damage to persons or property received by any persons by reason of the acts or omissions of the users in their use. I also agree to waive any claims against the YMCA, its members and volunteers for injuries or damages that may result from the conduct of other persons, including participants in the program. I understand the above responsibilities and I give permission for myself and/ or my child to participate and be photographed in YMCA activities.

Participant Signature _____ **Date** _____

- 7-week Spring Session - Adults (Age 18+)**
- \$37.00 Family Member
- \$39.00 YMCA Member
- \$52.00 Participant

- 7-week Spring Session - Youth (Age 11-17)**
- \$21.00 YMCA Member
- \$24.00 YMCA Member
- \$32.00 Participant

Receipt # _____ Amount Paid _____ Rec'd By _____ Date _____ 22S1-1FPOWEROF...