

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Why Wait?

Join the Y Weight Challenge!

Participants will be challenged to drop unwanted body fat through nutrition counseling and exercise / wellness guidance for 8 weeks.

March 8—April 30

What you will receive:

- Two individualized nutrition sessions
- Two group nutrition education sessions
- Two private sessions with a personal trainer
- Two group educational sessions with a personal trainer
- Up to three Group Training classes / week
- Unlimited Group Exercise classes
- Two body fat composition tests
- Weekly weigh-ins
- Weekly nutrition, wellness, and fitness tips
- Support and encouragement to reach your goals!

Cost = \$200 (over \$350 value)



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Those dropping the largest % of Body Fat in 8 weeks will receive cash rewards!

Biggest drop = \$100

Second largest = \$50

Third largest = \$25



Participants **must** attend the initial weight and body composition check on Monday, March 8th at 6:30 p.m. at the Greater Naples YMCA.

The first of the group nutrition and fitness session immediately follows.

The second group nutrition and fitness session will be held on Monday, March 29th at 6:30 p.m. at the Greater Naples YMCA.

Final measurements will be taken on April 30th.

Register at Member Services Desk between February 22nd and March 7th.
For more information please contact Cindy at 597-3148 or at fitness@ymcapalms.org

YMCA of the Palms
www.ymcapalms.org

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239-992-9622



Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.