

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.

January 4th—February 27th

New Year—New You!!!

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, Jan. 4th at 6:30 p.m. The first of the group nutrition and fitness sessions immediately follows.

The second group nutrition and fitness session will be held on Monday, January 25th at 6:30 p.m.

Final measurements will be taken on February 26th and 27th.

Register at Member Services Desk between December 15th and January 1st.
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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Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.