



# NEW YEAR. NEW YOU.

2021 YMCA WELLNESS CHALLENGE

✔ Been Challenged

✔ Still Moving

✔ Getting Stronger



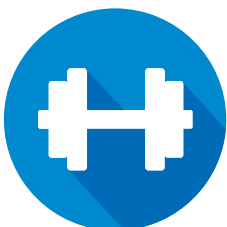
## HIGHLIGHTS

- 8 week program: Jan. 18 - Mar. 15
- Weekly weigh-ins
- Pre and post health assessments (Blood Pressure, BMI, Weight)
- Free fitness classes
- Free 30-minute personal training session
- New fitness classes (Zumba, Zumba Gold, Flexible Strength, Strong)
- Free t-shirt
- Fitness 101 orientation



## REGISTRATION FEE

\$40 (for YMCA members)



**REGISTRATION DEADLINE:** Jan. 15

**SIGN UP TODAY AT OUR MEMBER SERVICE DESK**