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Success Packet

VALDOSTA-LOWNDES COUNTY FAMILY YMCA



Team Lean
2018

Quick Facts

- **Team Lean is now 8 weeks long: January 6th – March 8th.**
- **You can pay \$50 at registration, or \$10 at the first five weigh-ins.**
- **Must weigh in on Thursday of each week at either location:**

Valdosta YMCA

Mon-Fri: 5:00am - 9:00pm

Sat: 8:00am - 7:00pm

Sun: 1:00pm - 7:00pm

229.244.4646

2424 Gornto Rd. Valdosta, Ga.

Lake Park YMCA

Mon&Wed: 5:00am - 9:00pm

Tues&Thur: 6:00am - 9:00pm

Fri: 5:00am - 7:00pm

Sat: 9:00am - 4:00pm

229.559.8886

5285 Mill Store Rd. Lake Park, Ga.

- **Must attend at least 1 Nutrition and 1 Exercise Educational Class.**
- **Weekly challenges are for bonus points.**
- **Can't make the kickoff? No sweat, last day to register is Thursday, January 11th.**
- **Check out our Facebook page or visit www.valdostaymca.org for weekly challenge details**



Team Lean Educational Classes

Educational Classes

Thursday, January 11	7:00 a.m.	Exercise Guidelines
Saturday, January 13	11:00 a.m.	Exercise Guidelines
Wednesday, January 24	6:00 p.m.	Exercise Guidelines
Wednesday, January 31	6:00 p.m.	Nutrition #1
Saturday, February 10	11:00 a.m.	Nutrition #2
Wednesday, February 21	6:00 p.m.	Excercise Guidelines
Wednesday, February 28	6:00p.m.	Nutrition #3
Thursday, March 1	7:00a.m.	Nutrition #4

These Education classes are **FREE** and for **EVERYONE**, *So Bring A Friend!*

All participants in Team Lean must attend
ONE Exercise Education Class
and **ONE** Nutritional Education Class
to qualify for prizes.

2424 Gornto Rd. • Valdosta
(229) 244-4646 • www.valdostaymca.org



Group Fitness Classes

Team Lean Step Challenge

Monday & Wednesday Mornings at 5:00am
in the Main Studio

Team Lean Boot Camp

Monday & Wednesday Mornings at 8:30am
Meet in the Front Lobby

Team Lean Zumba

Tuesday Nights at 6:00pm
in the Gym

Team Lean Yoga

Tuesday & Thursday Nights at 5:30pm
Meet in the Main Studio

Team Lean Water Aerobics

Tuesday & Thursday Mornings at 11:00am
Meet at the Pool Deck

Team Lean Group Fitness Classes are

FREE to **EVERYONE**

Punch card can be used with other Group Fitness Classes.

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Weekly Challenges

- Week 1: 1/8-1/14 **Group X Challenge**
- Week 2: 1/15-1/21 **Squat Challenge**
- Week 3: 1/22-1/28 **Push Up Challenge**
- Week 4: 1/29-2/4 **Sports Challenge**
- Week 5: 2/5-2/11 **Mid-Point Marathon**
- Week 6: 2/12-2/18 **Healthy Eating**
- Week 7: 2/19-2/25 **Cycle Challenge**
- Week 8: 2/26-3/8 **Burpee Challenge**