

12 WEEKS TO A BETTER YOU!

A Structured Exercise Program Included in your Membership that Encourages Change!

- FREE - Included in your YMCA Membership
- Fitness Coach - 1 on 1 Instruction
 - Accountability
 - Motivation
- Gradual Progress - Fast, Easy, and Safe
- Identify Exercise Barriers & Sets Goals
- Gain Knowledge - Learn how to Exercise Correctly for Better Results
- Upon Graduation, Receive a Free Work Out T-Shirt



**SCHEDULE YOUR APPOINTMENT
TODAY WITH THE Y FITNESS STAFF!**