



# FOR YOU FOR YOUR FAMILY FOR YOUR LIFE

**Take control! Start on your weight loss goals with help from our certified Fitness Coaches, who will guide, educate, and motivate you to reach your personal fitness goals. Team Lean is an 8-week lifestyle change to a healthier you!**

- Ages 14 and up
- Access to the Y
- Weekly weigh-in
- Open to the public
- Fun & friendly challenge
- Weekly raffles at weigh-ins
- Winners receive cash prizes
- Weekly Group X classes offered
- 8-week healthy weight loss program
- Register at either location as an individual or in teams of 4-5 people

**Team Lean Kick-off: Sat. Jan. 5<sup>th</sup>, 9am-1pm  
(Valdosta YMCA)**

**Team Lean Award Ceremony: Thurs. Mar. 14<sup>th</sup>, 6pm-7pm  
(Valdosta YMCA)**

## **BONUS!**

*Register before 12/23/18 to be  
entered for a special prize drawing!*

Weigh-in at either location

**Valdosta YMCA    Lake Park YMCA**

229.244.4646

229.559.8886

2424 Gornto Rd.    5285 Mill Store Rd.

[www.valdostaymca.org](http://www.valdostaymca.org)

**Entry: \$50**

*Payable at registration or  
\$10 at the first 5 weigh-ins*