



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LOSE WEIGHT WITH SUPPORT

## Weight Loss Challenge CENTRAL YMCA



### GROUP SUPPORT

At the Y, a supportive community is a big part of wellness. You'll find people here just like you looking to live a little bit healthier. Use the support and enthusiasm of fellow participants and our staff to achieve greater well-being.

### TRACK YOUR PROGRESS

Our 10-week Weight Loss Challenge helps you get in shape, lose weight and adopt healthy eating and exercise habits. We'll support you every step of the way. We measure your initial fitness level, share information about fitness and nutrition, support you with weekly meetings, and encourage you throughout the process.

### WE'RE HERE FOR YOU

In short, we're here for you. Weekly meetings include a weigh-in, review of exercise and food logs, information about exercise and nutrition, and an opportunity to share ideas and strategies for success with fellow members.

### DATES & TIMES: 10 WEEKS

#### Wednesdays, 6:00 – 7:00 pm

October	4, 11, 18, 25
November*	1, 8, 15, 29
December	6, 13

#### Saturdays, 9:00 – 10:00 am

October	7, 14, 21, 28
November*	4, 11, 18
December	2, 9, 16

\*No Classes during Thanksgiving week

**LOCATION** Central YMCA, Multi-A

**FEE** \$125 Facility Member  
\$200 Program Member

**PRIZES** Prizes will be based on % body weight lost and include healthy cook books, Y swag, and free personal training.

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