



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY WEIGHT FOR LIFE

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. 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.

EXERCISE TOGETHER

Move from the classroom to the exercise studio and increase your chances for success. You'll have three opportunities per week to work on cardio, strength, and flexibility goals in a fun, motivating environment with your support group and coach. Come prepared to learn and sweat.

DATES & TIMES: 10 WEEKS

Tuesdays, 6:30 – 7:30 pm

May 22 – July 24

Saturdays, 8:30 – 9:30 am

May 19 – July 21

LOCATION Central YMCA, MPA

FEE \$150

SIGN UP Register in the Membership Office

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

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