



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SPRING WEIGHT LOSS

8-week Weight Loss Challenge SOUTHWEST YMCA

March 25 - May 22, 2012



SOUTHWEST YMCA SPRING WEIGHT LOSS: 8-WEEK CHALLENGE REGISTRATION FORM

Participant's Name _____ Today's Date _____

Address _____ Day Phone _____

City/Zip _____ Alt. Phone _____

Email _____ Date of Birth _____

FitLinxx No. _____ Preferred Meeting Day Sunday Tuesday

Email is one of the fastest, most cost-effective, and environmentally friendly ways for us to communicate with you. We would like to send you periodic emails and automated phone calls with Y news and special offers. We will never share or sell your email, phone number or address to any third party. You may unsubscribe at any time.

Please do NOT communicate with me by: email phone

| SPRING WEIGHT LOSS: 8-WEEK CHALLENGE | |
|---|--------------------------|
| March 25 - May 22, 2012 | 80 |
| * Program fee waived if you are a facility member | \$25 Program Fee* |
| | TOTAL |

PAYMENT INFORMATION

My check or money order is enclosed.

Charge my: Visa Mastercard American Express Discover

Account Number _____ Exp. Date _____

Name of Cardholder _____

Signature _____

| | |
|--------------------|-----------------------------|
| OFFICE USE: | Rec'd by _____ Date _____ |
| | Entered by _____ Date _____ |

8-week Weight Loss Challenge

Our 8-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.

In short, we're here for you. **WEEKLY MEETINGS** (Tuesdays at 5:00 p.m. or Sundays at 11:00 a.m. Weigh-ins begin 15 minutes prior to class.) 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.

FEE: \$80 (no refunds)

The 8-week Weight Loss Challenge Includes:

- Initial fitness assessment (resting heart rate, body fat measurement, blood pressure and flexibility) and assessment of readiness and motivation
 - FitLinxx orientation
 - Weekly weigh-in and meeting
 - Food and exercise log assessment
 - Weekly exercise session
 - Final fitness assessment
- You'll also receive:**
- Expert advice on exercise, nutrition and healthy living
- Learn to:**
- Eat right and exercise smart
 - Achieve and maintain weight loss
 - Overcome obstacles and understand your willpower
 - Sustain motivation for both exercise and healthy living

Dates & Times

Spring Weight Loss Challenge

Begins March 25 and ends May 22, 2012

Weekly Meetings

Tuesdays 5:00 pm - 6:00 pm

Sundays 11:00 am - 12:00 pm

Choose to attend **either** Tuesday or Sunday.

Attendance at weekly meetings is strongly recommended.

8-week Weight Loss Challenge Staff

Rachel Young

Rachel is an American Council on Exercise-certified Group Exercise Instructor. She teaches Boot Camp, BODYPUMP®, Step, TRX® and Pilates.

Sara Dean

Sara is a group exercise instructor for Dance Fitness, Group Cycling, Rowing and more. She created Broadway Dance, a unique class that brings the world of dancing through musicals to Southwest YMCA.

Andrea Wilger

Andrea, Associate Executive Director at Southwest YMCA, was a group exercise instructor for more than 7 years. She is a Stott certified Pilates instructor.

Questions?

Contact:

Andrea Wilger at 408 608 6820 or awilger@ymcasv.org