

10-Week Weight Loss Challenge

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.

In short, we're here for you. **WEEKLY MEETINGS** (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: \$150 (no refunds)

The 10-week Weight Loss Challenge Includes:

- Body composition analysis using InBody 230
 - Body fat mass
 - Skeletal muscle mass
 - Segmental lean body mass analysis
- Basal metabolic rate
- Weekly weigh-in and meeting
- Food and exercise log assessment
- Final fitness assessment
- Weekly exercise sessions
 - Tuesdays 6:30pm - 7:30pm
 - Thursdays 7:00pm - 8:00pm
 - Sundays 12:00pm - 1:00pm

You'll also receive:

- Expert advice on exercise, sleep, hormones, nutrition and healthy living

Learn to:

- Eat well and exercise wisely
- Achieve and maintain weight loss
- Overcome obstacles and learn healthy habits
- Sustain motivation for both exercise and healthy living



Dates & Times

Holiday Weight Loss Challenge

Begins October 7, 2018 and ends December 18, 2018

Weekly Meetings**

Tuesdays 5:30 pm – 6:30 pm, Rec Room

Sundays 11:00 am – 12:00 pm, Studio 2

Choose to attend **either Tuesday or Sunday.

Attendance at weekly meetings is strongly recommended.

Weight Loss Staff

Rachel Young – Rachel has a PhD in Psychology and is an American Council on Exercise-certified Group Exercise Instructor. She teaches Boot Camp, BODYPUMP®, SPRINT®, CXWORX®, Cycling and Pilates.

Shelley Snowdon – Shelley has a BSc in psychology, is a NASM personal trainer and is working towards an advanced nutrition certification. She is a successful weight loss program alum and is passionate about helping others accomplish their goals.

Constance Kaltenbach – Constance is an American Council on Exercise-certified Health Coach, Personal Trainer and Group Exercise Instructor. She is passionate about living a physically active and healthy lifestyle. She teaches TRX®, Cycling and PiYo®.

John Rhodes – John has a BS in Kinesiology from San Jose State University and is a NASM-certified Personal Trainer. He has an advanced Precision Nutrition certification.

Hailey Scola – Hailey is working on her degree in Kinesiology and her nutrition certification. She is passionate about exercise and helping others.

Questions?

For more information regarding the Holiday Weight Loss Challenge, contact Laura Peterson at laura.peterson@ymcasv.org

**SOUTHWEST YMCA
HOLIDAY WEIGHT LOSS: 10-WEEK CHALLENGE
REGISTRATION FORM**

Participant's Name: _____ Today's Date: _____

Address: _____ City/ZIP: _____

Day Phone: _____ Alt. Phone: _____

Email: _____ Date of Birth: _____

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

HOLIDAY WEIGHT LOSS CHALLENGE	Fee	\$150
October 7, 2018 – December 18, 2018	\$35 Annual Program Membership Fee*	\$
	Total	\$

*Program fee waived if you are a facility member

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 _____



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

HEALTHY WEIGHT FOR LIFE

**10-Week Holiday Weight Loss Challenge
SOUTHWEST YMCA**

October 7, 2018 – December 18, 2018

