



YMCA



Healthy Lifestyle

Challenge & Ultimate Challenge*

Formerly 'The Biggest Challenge'

Outside shape starts on the inside. Start on a change for life!

Come join us on a 9-week journey of changing your lifestyle for a lifetime!

The YMCA Healthy Lifestyle Challenge is for ordinary people who want to change their lifestyle, get into shape and lose weight.

Some of the many benefits of this 9-week program include:



Weekly Accountability

Food Journal

Weekly meetings with Coaches

Exercise Accountability

Weekly Weigh-Ins

Encouragement and Support



New program will meet on Tuesdays, at 11:00 AM or 6:30 PM beginning

September 22nd and running through November 17th

\$25 for YMCA Members \$150 for Non-members

***Ultimate Challenge**

An advanced class with additional exercise classes on an instructor referral basis only.

Class meets on Thursdays, beginning September 24th for 9 weeks

Additional \$50 for YMCA Members (must be currently enrolled in the Healthy Lifestyle Challenge class)

Members *ONLY*