

# LOSE IT WITH THE Y! BECAUSE IT'S TIME TO SET GOALS AND REACH THEM.



## WHY LOSE IT WITH THE Y?

- Group and trainer support will help with accountability to help you meet your goals
- Your personal trainer will monitor your weekly weight loss to keep your workouts on track
- Choose a coach from the Y's personal trainers and instructors.
- Non members receive use of the Y facility for the duration of the program
- You will experience a variety of workouts to challenge your body.
- Helps add variety to your workout.

## ORIENTATION WEEK:

ORIENTATIONS, TEAM SIGN UP & PICK A COACH— January 3, 6pm in the Coastal Club Room

## WEEKS 1-7:

PUT IN THE WORK— Weekly weigh-ins and 2 one-hour team training sessions per week

## WEEK 8:

CELEBRATE— at the Y with your team mates and other teams/prizes awarded

For more program information, contact Abby Jones, Healthy Living Coordinator at [ajones@brymca.org](mailto:ajones@brymca.org)

Family Members: \$100

Members: \$105

Non Members: \$260 (includes membership to the Y for the 8 week session)

Commit to your goals and register TODAY!