



FOR HEALTHY LIVING®
FOR SOCIAL RESPONSIBILITY
FOR YOUTH DEVELOPMENT

LOSE BIG WIN BIGGER

**WIN A 6-MONTH MEMBERSHIP
AND A HEALTHY NEW LIFESTYLE!**

Join a small group of your peers and our Certified Personal Trainer, **Donna Smith**, for fun, motivation and support.

Twice a week for 8-weeks you'll be given the tools to LOSE BIG and challenged to WIN BIGGER with weekly weigh-ins. Includes a free session to calculate your BMI, Body Fat Percentage and goal weight! A \$272 value!!



FITNESS NUTRITION SUPPORT

MEMBERS \$200

NON-MEMBERS \$250

PLEASE REGISTER BY 2/15

ymcaulster.org

FEBRUARY 19– APRIL 13

Tuesdays 6:30pm—7:30pm &

Saturdays 10:45am—11:45am

YMCA of KINGSTON & ULSTER COUNTY

507 Broadway, Kingston NY 12401

| 845-338-3810 x103 Judy Burns, Wellness Director

