



WEIGHT LOSS TEAM CHALLENGE

NEW YEAR = NEW YOU!

Join the Y Team Weight Loss Challenge Program from January 11–February 26. Teams of 4 will be coached by a Nationally Certified Personal Trainer for 7 weeks. The team with the greatest combined loss of weight & inches wins 2 free Personal Training sessions per team member — valued at \$100!

**No refunds for cancellations once program is in session.*

SPACE IS LIMITED AND WILL FILL UP QUICKLY! REGISTER TODAY!

CALENDAR

January 11 at 6pm: Orientation
 January 12-February 25:
 Workouts and Workshops
 February 26: Graduation Potluck!

COMMITMENT

- 2 **TEAM WORKOUTS** Per Week
- 2 Personal Workouts Per Week
- 2 Group Fitness Challenges
- Weight Loss Workshops

ACCOUNTABILITY

- Daily Food & Exercise Journal Use
- Weekly Weigh-ins
- Team Leader Guidance
- Team Dynamics

Fee: \$320

Sign up at the registration desk

At sign-up you will pick your **TEAM WORKOUT** time and day:

- Mon & Wed | 6:00 am
- Mon & Wed | 7:30 am
- Mon & Wed | 5:30 pm
- Tue & Thu | 9:30 am
- Tue & Thu | 10:00 am
- Tue & Thu | 1:00 pm
- Tue & Thu | 4:30 pm
- Tue & Thu | 6:30 pm

For questions, please contact
 Carrie Myers at cmyers@ymca.org
 or 760.942.9622 x1823

