



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEETING GOALS TOGETHER

Become a Frequent Y'er!

Working out regularly is key in meeting your exercise goals. Become a Frequent Y'er and keep track of your monthly workouts with a Frequent Y'er goal card (see sample below). Here's how it works:

- > Pick up a Frequent Y'er card at the Registration Desk, Membership office, Wellness Center or Functional Training Center.
- > Work out consistently for one month, tracking your progress on the card.
- > Try one new "out of the box" class.
Check out our monthly class schedules to find a class you want to try for the first time.
- > Turn in your card to:
Shannon Hughes (shughes@ymca.org),
Carrie Myers (cmyers@ymca.org) or
Kristin Ugrob (kugrob@ymca.org) at the end of the month and receive a fun prize!
- > Pick up a new card each month to help stay on track!

the YMCA

Frequent Y'er Card

I am a consistent exerciser at my Y!
Working out regularly to meet my goals.

MONTH

13 Out of the box workout

1	2	3
4	5	6
7	8	9
10	11	12