

ACHIEVE A BETTER YOU

Y LOSE IT PORTAGE TOWNSHIP YMCA

Commit to be fit with this 6 week weight loss program designed to help you make lasting results through the development of behaviors that support a healthy lifestyle in a small group setting.

The program includes:

- 2 weight loss specific group workouts per week
- Group intro and exit goal sessions
- Weekly nutrition tracking and accountability
- Fitness evaluation
- Body composition analysis
- Facebook support group led by the trainers
- Weekly trainer tips & tricks for success
- Groups will have 3-6 participants

FALL I SESSION: SEPTEMBER 11TH - OCTOBER 28TH

MEMBER	NON-MEMBER
\$120	\$150

Group Workout Options:

M/W 9:15am-10:15am Ashley T/TH 5am-6am Danielle T/TH 7:15pm-8:15pm Tiffany



PORTAGE TOWNSHIP YMCA

3100 Willowcreek Road Portage, IN 46368

P (219) 762-9622 W www.ymcaofportage.org



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FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING

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Ashley Danielle Tiffany



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T/TH 5am-6am

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5	FOR HEALTHY LIVING
N. S.	FOR SOCIAL RESPONSIBILITY

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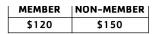
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