



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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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