



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

CONTINUE YOUR JOURNEY



Y Keep Losing It PORTAGE TOWNSHIP YMCA

Y Keep Losing It is available to members and non-members that have completed Y Lose It and would like to continue with a group meeting one evening per week for one hour. Participants will continue to build their knowledge of nutrition, health, and wellness. Similar to Y Lose It, participants will take part in small group exercise while working towards the development of behaviors that support healthy lifestyle.

**REAL PEOPLE.
 REAL RESULTS.**
 Meet Chris
 -27lbs,
 -13% Body Fat
 -18.7 inches (Head to Toe)



Group Workout Options:
 Thursdays, 6:30pm with Sarah
 Beginning January 11th

FEES:

| MEMBER | NON-MEMBER |
|--------|------------|
| \$60 | \$75 |

Fees are per session

REGISTER NOW!

PORTAGE TOWNSHIP YMCA
 3100 Willowcreek Road Portage, IN 46368
 P (219) 762-9622 W www.ymcaofportage.org



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