

Take “The Challenge” and we’ll
provide the support & accountability
you need to succeed!

Free to YW Fitness Spa Members:

(Individual non-members may participate for a \$75 fee.)

A group of 4+ non-members may register together for a rate of \$50/person.)

- Personal Training Included
- Before & After Body Assessments
- Motivational Phone Calls & Emails
- Weekly monitoring of each participant’s Nutrition & Exercise journal
- Fun, Group Fitness Classes

february 20 - april 9

women’s

weight loss

challenge

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eliminating racism
empowering women **ywca**