



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET INSPIRED GET TOGETHER GET RESULTS

Small Group Training STATELINE FAMILY YMCA ROSCOE BRANCH

This 5 week program will give you the tools and support to help you **get in shape**, **lose weight**, and **adapt healthy eating and exercising habits** in a small group setting. You will begin with a **fitness evaluation** that will give you a baseline to accurately measure your progress in **cardiovascular endurance**, **strength**, and **flexibility**. Your nationally certified personal trainer and teammates will guide and challenge you through **exercise**, **weekly weigh-ins**, **food journaling**, **accountability** and **motivation**.

Program is limited to 5 participants so register today!

Begins October 29*
Tuesdays 10:30 a.m.

Member: \$99
Non-Members: \$175

*Contact Ann Matuska to schedule your fitness evaluation before Oct. 29 - amatuska@statelineymca.org

