



HOLD FOR THE HOLIDAYS

Let us help you hold yourself accountable over the Holiday Season with this virtually interactive weight maintenance program! Receive 15 points on the app for joining, and choose your Y swag to receive upon completion of the program. Our Personal Training Team will email you weekly with challenges, nutrition and fitness tips! Check in with us virtually each Friday! Upon final weigh-in, receive an additional 15 points on the app if you're at or below your initial weight!

Challenge Dates:
November 22, 2023 - January 5, 2024

POINT BREAKDOWN

- 15 points for joining
- 1 points for weighing in weekly
- 1 points for completing a challenge
- 15 points for weighing in below initial weight at the end of the program



MEMBERS ONLY
\$25



Initial weigh-in November 22
Weigh-ins resume December 1

Completion of Program
Incentives



www.statineymca.org/power

Questions?
Contact Erin Scott at escott@statineymca.org