



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MATHEWS BIGGEST WINNER

HEALTH, WELL-BEING & FITNESS

DO YOU NEED HELP REACHING YOUR GOAL?

Let us suggest:

Personal Training – make an appointment today!

Nutrition Consultation –one on one

Fit for Life - overcome barriers to success

Sampler Class - try a different class each week

Pilates – improve your core strength

Yoga – for your mind and body

Aerobics – Zumba® or Fit Over Fifty

WIN A FREE 6 MONTH MEMBERSHIP!

One winner will be selected based on the largest percentage of weight lost.

Final weigh in at the Y is November 7-9.

MATHEWS FAMILY YMCA

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LESS THAN A MONTH
LEFT TO WEIGH-OUT!
YOU CAN DO IT!

