



Shed those unwanted pounds in just 10 weeks!

Program Includes:

- Prizes
- Incentives
- Nutritional Information
- Meal Ideas
- Challenges
- Group Instruction by YMCA Personal Trainers

First Group Meeting:

September 20, @6:00 pm

Victory Family YMCA Multipurpose Room

Fee: Members \$65 Non-Members \$150

Registration: 8/2—9/27 (limit 50 participants)

PLEASE SIGN UP AT THE WELCOME CENTER

For additional information contact:

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Peninsula Metropolitan YMCA

We build strong kids, strong families, strong communities.

