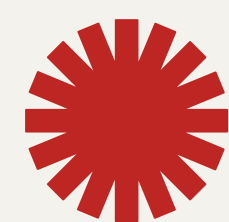




YMCA New Year New You Fitness Challenge

48 Workouts in 12 Weeks

Track, Pool, Weight Room, Aerobics Room, Gym



Check in and use any of the above facilities between **February 2-April 20** to count towards the challenge.

Upon registration receive a **FREE** consultation with one of our personal trainers to talk about goals. Whether you're a beginner or a fitness enthusiast, this challenge is for you! Track your workouts at the Front Desk.

**Get Fit, Get Strong,
Get Healthy.**



Registration Period: December 1-March 30

Completion Prizes:

Bronze Tier – 24 Workouts – \$5 Back

Silver Tier – 36 Workouts – \$10 Back

Gold Tier – 48 Workouts – \$20 Back + T-Shirt

**\$20
ENTRY**

573-754-4497

desk@twinpikefamilyymca.org