



Get a Grip!



Interest meeting January 2nd at 6PM

***ARE YOU TIRED OF BEING
OUT OF CONTROL?
ARE YOU 50LBS OR MORE
OVERWEIGHT?***

Why join this program?

- Special classes
- Motivation
- Education
- Weight loss
- Team support
- Be strong and take charge
- Getting a grip on your life!



FOR WOMEN

AND

MEN!

**Taking
Charge of
Your Health**

Wednesday class is "Just Breathe"

Thursday class is

"Get a Grip on Nutrition"

Meeting dates:

- Week 1 Wed Jan 4th 5:45PM
Thu Jan 5th noon
- Week 2 Wed Jan 11th 5:45PM
Thu Jan 12th noon
- Week 3 Wed Jan 18th 5:45PM
Thu Jan 19th noon
- Week 4 Wed Jan 25th 5:45PM
Thu Jan 26th noon
- Week 5 Wed Feb 1st 5:45PM
Thu Feb 2nd noon
- Week 6 Wed Feb 8th 5:45PM
Thu Feb 9th at noon
- Week 7 Wed Jan 31st 5:45PM
Thu Feb 16th at noon
- Week 8 Wed Feb 22nd 5:45PM
Thu Feb 23rd noon
- Week 9 Wed Feb 29th 5:45PM
Thu Mar 1st noon
- Week 10 Wed March 7th 5:45PM
Thu March 8th at noon.
- Week 11 Wed March 14th 5:45PM
Thu March 15th at noon
- Week 12 Wed March 21st 5:45PM
Thu March 22nd noon

Registration is now until January 31st!—\$30.00 for members and \$160.00 for non-members (includes three month membership.)

*Registration is at the JF Hurley YMCA on Jake Alexander Blvd
Programs are run at the JF Hurley Family YMCA*



For more information please contact Ester Marsh at
(704)636-0111 or e-mail her at
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*I can do all things through Christ which strengthens me.
Philippians 4:13*

