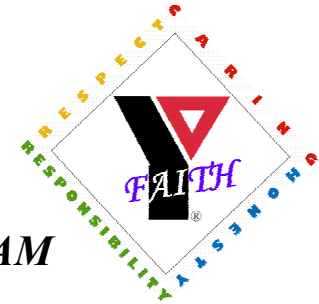




Y FOR LIFE!



**A "HEALTHY LIFESTYLE SUPPORT" PROGRAM
FOR MEMBERS AND NON-MEMBERS**

**FOR
JANUARY 11TH-MARCH 29TH 2010**

**Kick off January 11th at
6PM**

Why join this program?

- Motivation
- Education
- Dedication
- Team support
- Finally learn to "stick with it".

**FOR
WOMEN**

AND

MEN!



- *Three group sessions with a licensed nutritionist.
- *Motivational speakers
- *Three sessions with a personal trainer.
- *Weekly weigh-in
- *Body fat and measurements before and after.
- *Lots of hand-outs!
- *Team support!
- *T-shirt!

Registration is now until January 31st!—\$25.00 for members and \$150.00 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
emarsh@rowanymca.com**

*I can do all things through Christ which strengthens me.
Philippians 4:13*

