

REGISTER NOW!

2010: Lose Weight, Feel Great!



**Join the FitTrek challenge and lose 20 pounds in
12 weeks!**

What you get:

- **Menus: easy low-calorie recipes for breakfast, lunch, dinner & snacks**
- **Beginner, Intermediate, and Advanced workouts that revolve around YOUR schedule**
- **Body weight, measurements, body fat % testing to track your progress**
- **Encouragement, motivation, accountability, new friends, a FitTrek T-shirt and a great atmosphere at the Y!**
- **Start as a Beginner exerciser and end up Advanced by the end of 12 weeks!**

REGISTER NOW at the YMCA! Call 293-8319 for more info.

**First class starts Saturday, January 9th at 10:00am*

**Registration will stay open for 6 weeks*

**Non-members receive a free YMCA membership for 12 weeks!*

