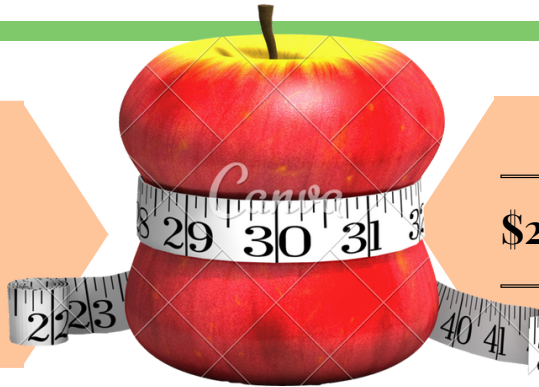


LOSE WEIGHT FEEL GREAT

FREE FOR MEMBERS



\$25 FOR NON-MEMBERS

Limited spots available!

WEIGHT MANAGEMENT CLASS

ACE Certified Group Fitness Instructor and Weight Management Specialist, Tamara Lobb

This is a safe space to learn how to lose weight and maintain it! Discuss weight and food issues, learn from others and improve your physical and mental health!

**8 WEEK SESSION BEGINNING
SEPTEMBER 25TH/ 26TH**

OFFERED:

MONDAYS 10:00AM

OR

TUESDAYS 5:30PM



FOR MORE INFO OR TO REGISTER STOP BY
THE YMCA OR CALL 573-348-9230