



New Year
NEW YOU!

NEW YEAR NEW YOU CHALLENGE

JANUARY 16TH – MARCH 19TH

Registration Required, Sign Up TODAY!!

Did you know 3 out of 4 people that make a New Year's Resolution only stick to it for 6 days?!?? NOT THIS YEAR!!!

Join the Y's New Year, New You Weight Loss Challenge and let us help you stick with it to lose!!!!

- 10 week program with weekly weigh-ins and support meetings- including Nutrition and Stress Management
- Classes will start the week of January 16th and meet Tuesday evenings from 6 – 6:45 pm
- Fitness Assessment Start/Finish
- Special after hours times in the cardio, weight room and sample classes
- Members \$60
- Non-Members \$120 (includes a 10 week membership to the Y)
- Weekly prizes to the individual with the highest % of weight loss
- Register today @ the YMCA Front Desk



REGISTER TODAY!!

Geneva Family YMCA

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315-789-1616

www.genevafamilyymca.org