



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Lose Weight NOW!



**This comprehensive program will give you all the tools you need and includes:**

- 8 weeks of programming and accountability
- 8 weekly classroom sessions focused on physical activity and healthy eating
- 8 small-group workouts with your Y Weight coach
- Unlimited access to more than 100 group fitness classes every week!
- Motivation and support for 8 weeks and beyond
- We meet twice per week: once in the classroom & once for a workout
- HOW DO I GET STARTED? Go to the Welcome Center and get registered!

Y Weight is included in an EVERYWHERE membership and is \$99 with a HERE membership.