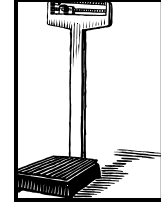
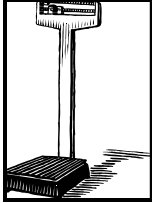




Y-NOT BE A LOSER

**Kirk Family YMCA
Fall 2010**



What is Y-NOT BE A LOSER?

- **Wellness Challenge**
 - Includes a weekly workout with your team & wellness coach, nutritional information and lectures.
 - Teams will compete to lose body fat & inches, satisfaction & rewards.
 - Prizes will be awarded to individuals with most body fat, inches, & weight lost. Fitpoints prizes will be awarded as well.
 - Teams will be selected according to information provided on registration form.
 - Challenge open to AGES 15 & up!
 - Each participant receives a team t-shirt ONLY if registered by deadline.
 - Deadline to register is Friday, August 27th.
 - **Event Kick Off - Thursday, September 9th 6:30-7:30pm in Community Room A & B.**

Y-NOT BE A LOSER: **OPTION 1**

This option includes:

8 week challenge
1 meeting/workout per week with team & coach
Weekly Nutrition Newsletter

Member Rate \$35
Non-Member Rate \$95

*Non-Member rate includes individual membership for duration of program.

Y-NOT BE A LOSER: **OPTION 2**

This option includes:

8 week challenge
2 meetings/workouts per week with team & coach
Weekly Nutrition Newsletter

Member Rate \$70
Non-Member Rate \$190

*Non-Member rate includes individual membership for duration of program.

Select the **Y-Not Be A Loser OPTION** of your choice.
Fill out the registration form (complete all areas), fill out the PAR-Q, and the Challenge Commitment.
Register at the Welcome Desk!

Need more information or have questions? Contact Daniel Olichwier, Personal Trainer
540.342.9622 or dolichwier@ymcaroanoke.org
Check us out on the website - www.ymcaroanoke.org

YMCA Mission: To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.