



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

12 WEEK WEIGHT LOSS EXPERIENCE

Set Your Course For Fitness!

Experience the Y's new 12-week weight loss program, and set your course with realistic goals, a plan of action and progress you can measure.

This 12-week program is engaging, encouraging and will provide support to those who commit.

Participants will receive challenges each week including:

- **Workout of the Week**
- **Cardio Challenge of the Week**
- **Health Challenge of the Week**



Follow your local YMCA branch on Facebook for healthy recipes, tips and much more!

Enroll Today!

For more information, visit the Welcome Center. All participants receive a FREE pedometer!

*Program is Free for current Philadelphia Freedom Valley YMCA members.

