

YHEALTH & FITNESS™

12 Weeks to a Healthier New You!

What: **A Healthier New You Wellness Program**

Do you need to lose 50 pounds or more? Do you consider yourself very unfit? This program is designed just for you. Receive the support, education, motivation, accountability and encouragement you need to finally get healthier.

When: January 11 through April 4, 2016
Every Monday from 6:00pm to 8:00pm
Every other Saturday from 8:00am to 9:00am

Where: Rogue Valley Family YMCA
522 West Sixth Street, Medford, OR

Fees: 12 Week Wellness Program is \$190
Includes weekly wellness meetings, weekly group workouts, weekly measurements, nutrition counseling and six 30 minute personal training sessions (scheduled on an individual basis)

12 Week Wellness plus Wellness Extension is \$290
Includes 12 Week Wellness program (Phase 1) plus bi-weekly lessons and weigh-ins through month four (Phase 2), then monthly weigh-ins and lessons through January 10, 2017 (Phase 3)

Info: Contact Tammy Miller,
Wellness Supervisor
(541)772-6295 ext. 106
wellness@rvymca.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY