



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lose Big to Win Big *Y Weight Challenge*



Lose Body Fat, Win \$160!

*January 9th–March 3rd,
\$80 For Members Only!*

*Prizes of
\$160*

Eight weeks to a healthier, fitter you!

Invest in a healthier you in 2017! This program includes:

- Special sessions with our Certified Personal Trainers
- Lifestyle coaching
- InBody body composition scans

There are two ways to win:

- The participant who has lost the highest amount of body fat (not weight!) by week 8 will win \$160 in cash!
- Each time you attend a group session, your name will be entered into a drawing to win a 10-session Personal Training package!

See reverse for more info 

Rocky Mount
295 Technology Dr.
Rocky Mount, VA 24151
(540)489-9622



Smith Mountain Lake
293 FirstWatch Drive
Moneta, VA 24121
(540)721-9622

Ferrum
333 Wiley Dr.
Ferrum, VA 24088
(540)365-9622

How to Get Started:

Steps:

- 1. Register and pay the \$80 entry fee. Schedule your weigh in (see dates below).**
- 2. Weigh in on January 6th or 9th**
- 3. Schedule your consultation and follow up InBody scans**
- 4. Begin attending Group Personal Training sessions and group exercise classes**
- 5. Continue scheduling weekly InBody scans and consultations**
- 6. Weigh out on March 3rd**
- 7. Prizes will be given on March 6th to the participant who has lost the most body fat, and to the winner of the Personal Training Package drawing.**
- 8. Continue exercising and enjoying a healthy lifestyle!**

Group Personal Training Schedule, beginning 1/9:

Mondays: 6:30 pm, in Studio 1, with Victoria

Wednesdays: 7 am, in the Gym, with Randy and Victoria

Thursdays: 8:30 am, in the Gym, with Randy and Victoria

About our resources:



The InBody Scanner

The InBody technology is a cutting edge, non-invasive tool that instantly and accurately measures total weight, body fat percentage, and muscle mass. The InBody tracks your results over time so you can see your progress and stay motivated. Simply tracking body weight won't tell you if you are losing fat or gaining muscle– but the InBody can do both!

Certified Personal Trainers

Our trainers bring their expertise in fitness training to help you achieve your goals. They will teach you safe exercise form and recovery methods, help you identify strategies for overcoming challenges, and work with you to develop individualized programs for your specific needs.

Lifestyle Coaching

A Lifestyle Coach will meet with you to discuss strategies for making effective healthy diet, motivation and lifestyle changes, and sticking to them over time.