



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAY HELLO TO A NEW YOU IN 2019

THIS IS YOUR YEAR!

Y-Weight `19

ROCKY MOUNT—SMITH MOUNTAIN LAKE—FERRUM

Six weeks to a healthier, fitter you! Y-Weight is a 6-week program that will help you to make your fitness goals a reality with expert advice and support, including body composition scans, goal setting, and group exercise classes! Available at all Franklin County Y locations!

Registration: **\$100 (\$150 for non-members).**

Boost your results with 3 additional individual Nutritional Consultations for **\$125 (\$175 for non-members).

Two Ways to Win

Y-Weight provides support and motivation to help you succeed in your fitness goals! **\$100 CASH PRIZES** will be awarded to the participant with the largest overall drop in body fat (not weight!), and the participant with the largest gain in muscle mass! Participants who complete 5 hours of group exercise classes per week will be eligible for weekly bonus prizes!

Expert Help

Our Certified Personal Trainers will provide:

- Biweekly InBody scans
- Weekly healthy lifestyle consultations
- Nutritional Advising
- 1:1 support

Get Started

- Y-Weight runs from **1/14-2/18** Register for Y-Weight at your home branch!
- Schedule your first InBody session between 1/7 and 1/11 (see Appointment Scheduling page) Get started at any Franklin County Y branch, and attend Group Exercise classes
- Schedule a check-out scan for the week of 2/18. Prizes will be awarded by 2/25.

Rocky Mount
235 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



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Y-Weight Appointment Schedule

Please complete this at the time of registration with Front Desk staff, or with a Personal Trainer at each Wellness Consultation or InBody Scan.

The InBody travels between all locations. Please check with scheduling when the inBody will be available. InBody scans should be completed:

- After 3 hours of fasting and limited fluid intake
- Before exercising
- InBody Scans **MUST** be scheduled 24 hours in advance

InBody Scans can be scheduled Monday-Friday between:

- 8-9 am
- Noon-1 pm
- 4-5 pm

	Date	Time
InBody #1 <i>(between 1/7 and 1/11)</i>		
Wellness Consultation #1 with Nutritional Consult <i>(week of 1/14)</i>		
Wellness Consultation #2 <i>(week of 1/21)</i>		
Wellness Consultation #3 InBody #2 <i>(week of 1/28)</i>		
Wellness Consultation #4 <i>(week of 2/4)</i>		
Wellness Consultation #5 <i>(week of 2/11)</i>		
Wellness Consultation #6 InBody #3 <i>(week of 2/18)</i>		

See Group Personal Training Schedule for special Y-Weight exercise sessions times, and the Group Exercise Schedule for other class options. Keep this appointment card