



FRANKLIN COUNTY FAMILY YMCA

# FALL IN LOVE WITH YOURSELF CHALLENGE

DON'T LET THE HOLIDAYS HOLD YOU BACK FROM YOUR PERSONAL GOALS.

**September 22 - December 23**

ONLY \$5 TO JOIN



Set a personal goal that works for you, whether that's increasing muscle mass or dropping your fat percentage.



Optional before & after pictures to track your progress. Pictures must be taken one week before & after challenge.



Go beyond the scale with the InBody Test, a non-invasive body composition analysis that measures more.

## Includes 4 InBody Scans

- 1 Sept. 22nd - Oct. 1st
- 2 Oct. 25th - Oct. 29th
- 3 Nov. 22nd - Nov. 26th
- 4 Dec. 20th - Dec. 23rd

## Includes Raffle Entry (over \$250 value)

- YMCA duffel bag
- YMCA t-shirt
- YMCA shaker bottle
- Headphones
- Jump rope
- Yoga mat
- (2) ten pound weights
- FREE one month individual membership.

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

SML YMCA  
293 Firstwatch Dr.  
Moneta, VA 24121  
(540)721-9622