



Y WAIT?

**A "HEALTHY LIFESTYLE SUPPORT"
PROGRAM FOR MEMBERS AND
NON-MEMBERS (MEN & WOMEN)**

**FOR
OCTOBER, NOVEMBER,
2011**

Why join this program?
Why wait for the New year start **NOW!**

- Motivation
- Education
- Dedication
- Stay active thru the Holi-days!



Kick off October 6th at noon in board room

* 30 minutes lunch and learn Nutrition sessions with Robin Fisher licensed nutritionist.

Dates are

Thu Oct 6, Thu 13th

Wed Oct 19, Wed 26th

Thu Nov 3, Thu 10th

Wed Nov 16th

Wed Nov 30th

* Weekly workouts

* Weekly weigh-in including evaluation if needed.

* Tracking your attendance.



Registration is now until October 10th!—\$15.00 for members and \$95.00 for non-members (includes two month membership.)

Free for all Rowan County YMCA staff!

Kick off Thursday October 6th at noon in the boardroom!! Last meeting Wed Nov 30th

*Registration is at the JF Hurley YMCA on Jake Alexander Blvd
Programs are run at the JF Hurley Family YMCA*

For more information please contact Ester Marsh at (704)636-0111 or e-mail her at emarsh@rowanymca.com



*I can do all things through Christ which strengthens me.
Philippians 4:13*

