



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SUMMER SLIMDOWN



**Are you ready for Summer 2019?**

The road to health isn't one size fits all which is why this 6-week program combines guidance from a personal trainer with customized workouts and group fitness classes with once a week support and accountability meetings. Angela will help you reach your goals in a fun, energizing, and motivational atmosphere!



**Starts May 6th at 5:30pm**



May 6th you will meet Angela, get the 6-week program expectations, weigh in and take measurements.

## **Support & Accountability Meetings**

May 7, 14, 21, 28 June 4, 11 @ 5:45pm-6:30pm

**Cost: Members: \$50 Non-Members: \$80**

Register online or at the front desk. [www.superiorymca.org](http://www.superiorymca.org)

MAX 10 Participants

For more information contact Wellness Coordinator Jen: [jrosnau@superiorymca.org](mailto:jrosnau@superiorymca.org),  
715-392-5611 EXT 115



**SUPERIOR DOUGLAS COUNTY FAMILY YMCA**  
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