



## ***New Year's Resolution Solution***

**January 11-March 21**

**Fees: \$30 YM \$105 PM**

This 10-week wellness challenge will help you make your resolution to better health come true. Enjoy competing with others while learning new and fun methods to exercise those pounds away.

You'll enjoy a weekly Boot Camp class, work with a trainer, attend nutrition/wellness/cooking classes, a new challenge each week, and be rewarded for exercising a specific amount of time each week through out the 10-week program.

On top of all that, you could win CASH or a FREE YMCA membership. There will be prizes along the way while learning to cook light and eating right! The best prize of all is getting your life back on track.