

...A Revolutionary Approach To Changing Your Body!

PERSONAL TRAINER-GUIDED WEIGHT LOSS!!!

This 12-week program will help you achieve the body you want in 2010 by approaching every angle of wellness:

- **Accountability** – weekly weigh-ins and progress reports help keep you on track.
- **Accuracy** – By monitoring both scale-weight and body composition, you will know you are losing actual body fat!
- **A total change: body, mind, and spirit** – learn to think, behave, and think like the healthy person you are becoming!
- **Nutrition** – Learn the basics of input/output, food journaling, portion sizing, and proper nutrition.
- **Honesty** – No quick fixes, no gimmicks, and no false promises – just the tools you need to lose the weight and keep it off!
- **Motivation** – The camaraderie of the group, the use of the exercise equipment, and the weekly motivating topic of discussion will all help you stay mentally focused and goal-oriented.
- **Education** – Our nationally-certified personal trainers will help you learn exactly what your body needs in order to achieve your new, fitter body. Learn what makes your metabolism tick and how to use it to your best advantage!
- **Personal Trainer-Led workouts** – each weekly session will conclude with a FAT-BURNING workout under the guidance of a fitness professional with *your* goals in mind!

Let 2010 be the year you lose weight the SMART way!

Sessions start March 1 – Sign Up NOW to reserve your space!

Choose One:

Mondays 7:00-8:30 p.m., Tuesdays 9:00-10:30 a.m., or Saturdays 10:30 a.m. – 12:00 p.m.

Cost: YMCA Members: \$150 (that's only \$12.50 per session!)

Non-Members: \$375 (includes 12-week program PLUS 12-weeks YMCA membership!)