

12 WEEKS OF FITNESS



Want to learn more about fitness and become more physically active? Join our beginner fitness program!

Over the 12 weeks you will:

- Meet with a fitness professional
- Create goals
- Monitor progress with an initial and final assessment
- Receive standardized cardiovascular and strength workouts

GET SUPPORT
MOTIVATION
FIT!



Y MEMBERS
\$10/person

COMMUNITY MEMBERS
\$20/person
+ daily use facility fee

Regular physical activity can help:

- control your weight
- reduce your risk of some diseases & cancers
- strengthen your bones & muscles
- improve your mental health & mood
- improve your daily abilities & prevent falls, if you're an older adult
- increase your chances of living longer