

12 WEEKS TO A STRONGER YOU



Intimidated by the gym? Don't know where to start your fitness routine? Join our beginner fitness program! (ages 10+)

Over a 12 week period you will:

- **Create goals and check in every 3 weeks**
- **Work with a fitness professional to develop a fitness routine based on nationally recognized guidelines**
- **Gain knowledge & build confidence in the gym**

**GET | SUPPORT
MOTIVATION
FIT**

Regular physical activity can help:

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



Y MEMBERS: \$10/person

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