

# 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 on the Wellness Floor**

**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**