



SCAN HERE FOR MORE INFORMATION ON **MOVE2LOSE!**

**REGISTRATION IS OPEN!**  
**CLASSES START SEPTEMBER 11TH**  
**VIRTUAL KICKOFF SEPTEMBER 10TH**

# GET BACK TO HEALTHY LIVING WITH **MOVE2LOSE** AT THE YMCA



Move2Lose is a 10-week program to help participants lose weight and reach their fitness goals. Participants will be grouped into teams and exercise twice a week with a certified trainer in a small group setting. During your sessions you will be provided with exercises catered to your specific needs and abilities, as well as a variety of take-home exercises and team support. You will also participate in 5 nutrition classes\* that will cover the fundamentals of nutrition and how to implement healthy eating patterns into your lifestyle.

At the end of the session, there will be a celebration for all participants in the YMCA of Greater Dayton! Participants will receive a t-shirt and valuable prizes are awarded to the team with the highest percentage of weight loss across the association. What are you waiting for? Register today!

**Move2Lose is open to members and the public. Registration is required so sign up today!**

\*In-person and virtual nutrition classes will be available.

**FOR MORE INFORMATION ABOUT AVAILABLE CLASSES OR TO REGISTER, PLEASE CONTACT:**  
Ali Schulze - Director of Healthy Living  
(937) 223-5201  
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**\$125 MEMBERS**  
**\$175 NON-MEMBERS**