



SCAN HERE FOR MORE INFORMATION ON MOVE2LOSE!

REGISTRATION IS OPEN!
CLASSES START FEBRUARY 20TH
KICKOFF FEBRUARY 19TH

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