



SCAN HERE FOR MORE INFORMATION ON MOVE2LOSE!

MOVE2LOSE AT THE YMCA



Move2Lose is a 10-week program to help participants lose weight and reach their fitness goals. Participants will 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!

*All programs will adhere to new guidelines in response to COVID-19.
*Virtual nutrition classes will be available.

REGISTRATION IS OPEN!
CLASSES START SEPTEMBER 13TH
KICKOFF EVENT SEPTEMBER 12TH AT THE KLEPTZ YMCA

FOR MORE INFORMATION ABOUT AVAILABLE CLASSES OR TO REGISTER, PLEASE CONTACT:

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\$115 MEMBERS
\$150 NON-MEMBERS