

HELPING MAKE YOUR RESOLUTIONS COUNT THIS YEAR

Smallest Winner Program

Your New Year's goals are achievable this winter!

Designed and led by our personal training staff, this 12 week competitive program is designed to push both yourself and your team to meet your wellness goals. You'll meet twice a week: once as a team for progressive, small-group workouts, and once for 1-on-1 personal training sessions. Participants will track their improvements with weekly goals and weigh-ins. Improve yourself and make fitness gains with the help and motivation of your team! The team with the most inches/weight lost will be named the "Smallest Winner" and bring home the glory.

TEAM MEETING TIMES:

Select one when registering.

T 6-7pm

W 6-7am

F 12-1pm

Sa 8-9am



COST:

Members: \$300

Community: \$500

Registration opens Dec. 15th and spots are limited.

Call or visit the Keene Family YMCA to save your spot today!

Questions? 603.352.6002

KEENE FAMILY YMCA

200 Summit Road

Keene, NH 03431

(Individualized training sessions normally valued at \$172 per month)