

"JUMP START"

YMCA Weight Management and Exercise Program

WARNING: Being involved with this program may cause you to feel better, lose weight, increase your endurance, sustain higher energy level, increase your strength, and overall have a healthier outlook on life!!

Session Dates

JANUARY 4 - MARCH 14

Please register for one of the following time slots.

Thursday 12:15 - 1:30pm or Thursday 6:00 - 7:15pm

Class format:

The first half of each class will be a motivational / educational time. Participants will turn in exercise journals, nutrition logs and have a chance to weigh in. The second half of the class will be dedicated to exercising with a YMCA group fitness instructor. The instructor will introduce participants in a variety of exercise formats. The exercises will be geared towards each individuals abilities. Come to each session ready to exercise. Meet in the *NEW* Wellness Center of the YMCA.

Jump Start Program Instructors: *YMCA Group Fitness Instructor Beth Reiter and Melissa Brechner*

FEES:

YMCA Members: \$30.00 for ten weeks
Non-members: \$90.00 for ten weeks
YMCA Staff: Inquire at the front desk



Registration for members begins December 21, 2009,
registration for nonmembers begins December 28, 2009.

START THE NEW YEAR OFF RIGHT!

You are going to like the way you feel!

YMCA of Ithaca and Tompkins County
Graham Rd. West, Ithaca, NY, 14850
607-257-0101 www.ithacaymca.com

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