



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHALLENGE YOURSELF!!!



Join us for our Body Composition Challenge C.B. PENNINGTON JR. YMCA

See where you are, and set your sights to where you want to be!

Register now for our 10-week Body Composition Challenge and you will receive:

- An initial assessment and consult to test your body composition and fitness-related behaviors
- Help creating SMART goals and an associated personalized workout program
- Tools to help you track your progress
- Tips to inform and inspire consistent action
- Periodic progress checks, as well as mid-point and final assessments.

YMCA T-shirt at the end of the challenge

REGISTRATION:	January 29th—February 10th
CHALLENGE DATES:	Begins the Week of February 12th (10-week Challenge)
FEES:	\$25 FOR INDIVIDUAL REGISTRATION \$35 FOR TWO PERSON TEAM REGISTRATION (Save money by finding a Challenge Partner)