

RECOMMIT TO BE FIT

THE Y'S 6-WEEK FITNESS PROGRAM

RECOMMIT TO BE FIT IS THE DARIEN Y'S 6-WEEK HEALTH AND WELLNESS PROGRAM FOR GAINING STRENGTH, GETTING FIT, AND **FEELING YOUR BEST.**

PROGRAM BENEFIT:

- (2) GROUP TRAINING SESSIONS PER WEEK
- FACEBOOK SUPPORT GROUP
- WEEKLY HEALTH COACHING AND EXERCISE PLANS
- 10% DISCOUNT ON LITTLE BITESCAFÉ
- FREE 1-HOUR PERSONAL TRAINING SESSION WITH THE PURCHASE OF A PERSONAL TRAINING PACKAGE AT PROGRAM

EARN \$20 IN FITNESS CREDIT FOR EVERY % OF BODY FAT LOST!

**BODY FAT ASSESSMENT IS REQUIRED BEFORE STARTING THE PROGRAM.*

LOCATION OF PROGRAM:

DARIEN YMCA - STUDIO 1

DATE:

MAY 10 - JUNE 18

COST:

\$250 MEMBERS, \$300 NON-MEMBERS

WEEKLY VIRTUAL NUTRITION CLASS

MONDAYS 7:00 PM

GROUP TRAINING OPTIONS:


1. MONDAYS & WEDNESDAYS 6:30 AM
2. TUESDAYS & THURSDAYS 9:30 AM
3. TUESDAYS & THURSDAYS 5:30 PM

BONUS CLASS IF YOU ATTEND THE NUTRITION CLASS

SATURDAY 8:30 AM

FOR MORE INFORMATION:

GENE GDENOTA@DARIEN-YMCA.ORG

 203-855-8228 X 1359