

“Y” Weight?

Lose it Now – Lose it Big Program

Ready for a little “reality” while you lose weight, build strength, make new friends, and create healthy habits that will last a lifetime.

We will create teams of 4-6 Individuals and pair you up with one of our Personal trainers for some “healthy” competition to see who will gain the most strength, lose the most weight, and trim the most inches!

*****Free Informational Meetings – Wednesday December 16th at 6:30 PM in Room 208 or Saturday December 19th at 10 AM. (This is not a mandatory meeting for participation in the program).**

Program Start-Up Information

Teams will meet 3X per week for 10 Weeks at scheduled times. You must be committed!

Begins: January 2010

Registration Deadline: Program will remain open 2 weeks into start

Cost

Members = \$300.00

Non Members = \$375.00

(Financial Aid and Staff Discounts will not apply. For payment arrangement, please see Diana Giraud or Kerry Welch.

Refunds/Credits will only be issued if the YMCA cancels the program).

For additional information contact Diana Giraud, Group Exercise Coordinator @ 739-6951, x145 or Kerry Welch at 739-6951, x260. Please also check out our web-site at www.springfieldy.org or pick up a program guide.

What's included?

- *Three 1.5-hour training sessions per week for 10 weeks with your team & Trainer.**
- *3 Rounds of Testing that will include; Body Composition Analysis, Body Measurements and Body weight.**
- *Prizes and incentives weekly for the one team with the most weight loss.**
- *Nationally Certified Personal Trainers.**
- *A healthy eating plan with sample meals and real-food options.**
- *Weekly nutrition meetings with your team.**

Final Team Prizes Awarded for;

**Best Attendance
Most Inches Lost
Most Improved Body Composition
Greatest Percentage of Weight Loss**

Final Individual Prize Awarded!

- * A one Year Individual Membership will be awarded to one Man and one Woman that has the greatest percentage of weight & Inches lost as well as the most improved body composition!**
- ** Each Participant that finishes the program will receive a T-Shirt and Certificate of Completion.**

Rules for Participation

- 1. A medical History, waiver and Medical clearance form (if needed) will be required prior to starting the program.**
- 2. All weight loss is to be done in a healthy manner. Any use of diet aids, performance enhancement supplements or unhealthy dieting behaviors will be cause for elimination from the program without refund or credit.**
- 3. Trainers reserve the right to remove someone from the program for safety, or health concerns.**
- 4. All rules and policies of the YMCA of Greater Springfield and the fitness department must be upheld at all times.**
- 5. Training sessions can only be changed when the team and trainer agree and must not interfere with any other team's time.**

- 6. If you miss a scheduled training, contact your trainer for exercise recommendations. Don't skimp or Skip.**
- 7. Refunds for leaving the program prior to finish will only be given for medical reason with appropriate documentation from the attending physician.**
- 8. Before and after pictures optional.**
- 9. Respect others in your group. Show team support.**

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