



6 week Journey to a Healthy Spirit, Mind, and Body

Reach Your Goals and Win Prizes!

NEW 6 Week Program for Members!

January 25th - March 7th

FREE FOR FACILITY MEMBER 16+

Registration Required. Limited Spaces Available per team.

Here's what's included for participants:

- State of the art Cardio and Strength Training equipment in our Fitness Centers
- Indoor Heated Swimming Pool available for lap lane reservations
- Unlimited Group Exercise Classes (visit www.ccaymca.org for full schedule)
- Weekly Trainer Led Circuit Training Session
- Weekly Virtual Check Ins with your Coach
- Weekly Team Challenges and Prizes
- Weekly Focus on Self Care
- Weekly Focus on Spiritual Growth

4 WAYS TO WIN / 4 GOALS TO CRUSH

- 1) Most Total Weight Loss
- 2) Highest Decrease in Body Fat %
- 3) Most Inches Lost (Team Transform) / Most Inches Gained (Team Build)
- 4) Total Challenge Points Earned*

*Earn Challenge Points for each group exercise/circuit training class or Trainer Talk zoom meeting you attend, each personal training session, lap lane pool reservation, or any challenge you complete.



Get the support you need by joining a team that matches your goals!

TEAM TRANSFORM

Team's Goal:

Focus on total body transformation through managing a healthy balanced diet and a daily exercise routine that combines cardio, strength, and conditioning workouts,

Team Coaches:

**Donna Ocasio
& Kelsey Warfle**

TEAM BUILD

Team's Goal:

Focus on strength training techniques and nutrition support to build lean muscle mass, increase your strength, and improve overall health and fitness.

Team Coaches:

**Jose Ledezma Jr.
& Pam Heaton**