

WELLNESS CHECK Wednesdays



Track Your Progress to Stay Motivated and Reach Your Goals

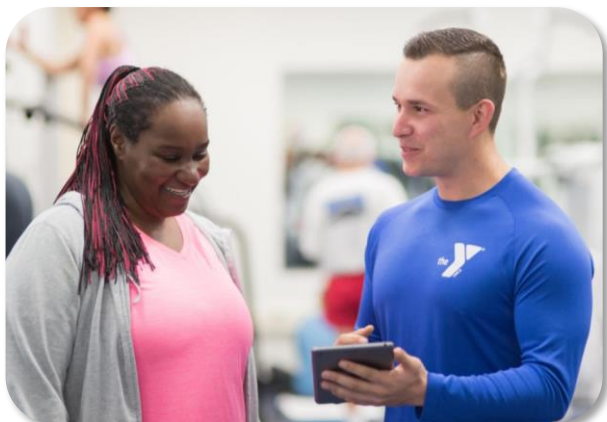
FREE For All Facility Members
Every Wednesday

6:00am – 7:00pm

No appointment necessary, but subject to staff availability. Check in with Member Services upon arrival. Please allow a minimum of 15-20 minutes for a full evaluation.

- ✓ **Weight**
- ✓ **Measurements**
- ✓ **Body Fat Analysis**
- ✓ **BMI**

Want 1 on 1 personal training? Our trainers are ACE certified and ready to help you reach your goals. See Member Services for rates and more information.



Get the Accountability and Coaching you need from our Trained Staff.

- Get guidance on creating a weekly personal workout routine.
- Learn how to maximize your exercise in our fully equipped fitness center.
- See which group exercise classes or water exercise classes are right for you and work for your schedule – Take as many as you want – **ALL ARE INCLUDED IN YOUR MEMBERSHIP!**

Cumberland Cape Atlantic YMCA

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