



**NEW! Receive a Dri Fit Lose it with the Y Shirt in this program!!**

**\*Color to be determined**



# Lose It With The Y ~ Round 21 ~

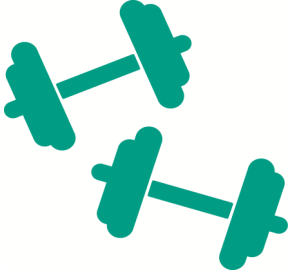


## Registration Dates:

**July 24th—August 13th**

(All teams need 4 people\*. Team members pay individually with rates based on membership status. Make sure ALL team members have similar availability for workout days and times)

*\*Don't have a team of 4? That's ok! Show up for our opening ceremony on August 13th and you will be placed with a team that works with your schedule and can complete registration process and pay program fee at the end of the ceremony. We have never turned anyone away from this program that didn't have a committed team of 4.*



## Program Dates:

**August 13th—October 6th**

**Opening Ceremony - Monday, August 13th- 5:00-6:00pm**  
in the Harold Alfond Gymnasium

## Cost:

**Members:** \$120 (cost includes program and dri-fit shirt)

**Non-Members:** \$270 (cost includes program, dri-fit shirt and full membership from August 13th—October 6th)

## FALL INTO FITNESS WITH THE KV YMCA!

The Lose it with the Y program has contributed to the loss of over **2,000 pounds** in the years since it began running. Now it's YOUR TURN to see how effective this program is for you and your fitness and healthy lifestyle goals. With 1.5 hours of training per week with their trainer, participating in intense workouts on land and in water, weekly weigh-ins, and gaining knowledge of healthier nutritional habits, participants will sweat away those unwanted pounds while enjoying the fun atmosphere of the KV YMCA. This program can change your life and motivate you to BE MORE!

For more information contact Craig Cameron, Senior Director of Healthy Living at 207 622 9622, ext. 122 or by email at [Craig@kvymca.org](mailto:Craig@kvymca.org)

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