



# MOVE IT TO LOSE IT!!

## New Year! New you!

Work toward improving strength, endurance or losing weight. Whatever your goal may be join us and let's do it together! Take advantage of 1.5 hours of training each week and social support in a group setting.

**\*\*Groups of 3-6 people to participate\*\***

**DATE: January 7<sup>th</sup> – February 17<sup>th</sup>**

<b>COST: \$120</b>	<b>Members</b>
<b>\$200</b>	<b>Non-Members</b>

**For more information contact  
Chris Vashon at 622-9622 or  
[chrisv@kvymca.org](mailto:chrisv@kvymca.org)**