



MOVE IT TO LOSE IT!!

Spring into Action!!

**BUILD MUSCLE, IMPROVE BODY
COMPOSITION & OVERALL HEALTH**

Receive 1.5 hours of training with a certified trainer and 7 weeks of nutritional support throughout this program!

****Trainers will not provide a set meal plan****

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

DATES: Feb 25th – April 14th

**Opening Ceremony Feb 25th @
5pm in the Gymnasium!**

**COST: \$120 Members
\$200 Non-Members**

For more information contact
Chris Vashon at 622-9622 or
chrsv@kvymca.org

