



MOVE IT TO LOSE IT!!

Get into Action!!

Work with a trainer to build muscle, improve body composition and improve overall health. Sign-up to receive 1.5 hours of training 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: Email for dates

COST: \$100 Members

\$200 Non-Members

For more information contact
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