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**MOVE IT TO LOSE IT!!**

## **Spring 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 per week over 7 weeks. Plus additional nutritional support throughout this program! Workout times are dependent upon group & trainer availability.

**DATES: May 6<sup>th</sup> – June 23<sup>rd</sup>**

**Opening Ceremony  
Monday May 6<sup>th</sup> @ 5pm.**

**COST: \$100      Members**

**\$200      Non-Members**

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

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

**For more information contact  
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