



WIN BY LOSING...

**A COMPREHENSIVE PROGRAM THAT SUPPORTS A
HEALTHY, ACTIVE LIFESTYLE**

IN 10 WEEKS...

*LEARN HOW TO MAKE SENSIBLE CHOICES...UNDERSTAND ROADBLOCKS TO
SUCCESS...FIND THE FITNESS REGIME THAT FITS WITH YOUR LIFESTYLE...
ALL WITH THE SUPPORT OF FITNESS & HEALTH PROFESSIONALS*

ORIENTATION & FITNESS ASSESSMENT

BETTER MEALS WITH BETTER PLANNING

PILATES

STRESS MANAGEMENT

LOW IMPACT AEROBICS

HOW TO READ NUTRITION LABELS

CYCLE

PORTION SIZES & MODIFYING RECIPES

ZUMBA

TIME MANAGEMENT

AQUAROBICS



WEEKLY WEIGH-INS ~ PRIZES ~ FITNESS ASSESSMENTS

**FOR MORE INFORMATION OR TO SIGN UP FOR "WBL", PLEASE CONTACT
THE YMCA. THE NEXT SESSION BEGINS FEBRUARY 27TH.
MONDAY NIGHTS 5:30 - 7:15**

SPONSORED BY THE YMCA & HEALTHLINK LITTAUER