

LOSE TO WIN DETAILS

This is a personal fitness challenge to help motivate you and reach your goals in 2025! You can choose a 3- or 6-month program.

START OF PROGRAM:

- At the start of the program, you will schedule an InBody Scan to see current weight, body fat, etc. At the end of the program, you will rescan to see the results! InBody Scans can be done during Trainer Talk Tuesdays 11:00-1:00 or 2:30-5:30. You can also schedule a scan outside of this time frame.
- Let the front desk know your T-Shirt size for your FREE Lose to Win T-shirt!
- Interested in trying an Aqua Fit Class? Get a free class pass and check out the pool schedule attached.
- Interested in working with a Personal Trainer? Consultations are FREE.
- Want to hire a Trainer? You get 50% off packages of 5 or 10 sessions!! Purchase at the front desk.

DURING THE PROGRAM:

- Try some of our Group Exercise Classes! Schedule attached. FREE for all members!
- Bring a friend to the Y- free guest passes available
- Check in with our fitness professionals on Trainer Talk Tuesdays
- Check out our current and upcoming programs. Sports, classes, events, etc
- Stay on track and stay motivated!

END OF PROGRAM

- Schedule your 2nd InBody Scan for final results by your program end date
- Compare overall weight loss OR body fat percentage- whichever is greater
- Prizes vary but you will WIN something for your progress 😊
- The more you lose the bigger the prize!