



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

March 20 – May 22

BLOOMSBURG AREA YMCA

WEIGHT LOSS CHALLENGE

10-WEEK CHALLENGE; LOSE WEIGHT TO WIN PRIZES!

Get ready for summer with this weight loss challenge, designed to keep you motivated, and teach you how to lose weight in an efficient and healthy manner.

HIGHEST % WEIGHT LOSS WINS:

**All names & weights will be kept anonymous*

Top male & female: \$50 YMCA Gift Card

Second place male & female: \$25 YMCA Gift Card

Includes weekly check-ins, a free fitness orientation, weekly workouts, weekly diet tips, and more!

Members Only: \$10

TO REGISTER: Collin Benfield | Health & Wellness Director | cbenfield@bloomsburgym.org

**Registration form, rules & guidelines will be sent upon registration*