



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW YEAR NEW YOU RESOLUTION SOLUTION

4-WEEK CHALLENGE
January 4th-27th

Package options:

In-Person Training, Morning Group \$150.00

Tuesday & Thursday at 10am

Nutrition Guide and weekly weigh-in

In-Person Training, Evening Group \$150.00

Tuesday & Thursday at 6pm

Nutrition Guide and weekly weigh-in

Online Training \$50.00

2 at-home workouts per week

Nutrition Guide and weekly weigh-in

Sign-ups end 01/03/22



FITNESS. NUTRITION. ACCOUNTABILITY.

Contact Brooke Yanik, Fitness & Wellness Director for more information

ASHLAND AREA YMCA
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