

# MOTION AND MUSCLE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## REACH YOUR WELLNESS GOALS WITH US

"I had been trying to lose weight and get fit for a year. This approach gave me the structure and motivation to finally start my weight-loss journey. I still have a ways to go but now I have the tools and confidence to reach my final goal on my own."

- PARTICIPANT,  
YMCA Member

Join today and get started on  
creating lasting change!

## PROGRAM OVERVIEW

- 12 weeks / 2 sessions-a-week
- Must be 14 years or older
- Provides tools, knowledge and group support to help you develop plans that support your fitness goals

**2023 Winter Session**  
**January 16th - April 5th**

**Monday and Wednesday**  
**4:45 pm - 5:45 pm**



Membership is required to participate in this program - ask about our DDD membership!



**ADULT AND TEEN SPECIAL NEEDS**