

# 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

### Sessions

September 19th - December 7th

Monday and Wednesday

4:45 pm - 5:45 pm



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



## ADULT SPECIAL NEEDS

The YMCA in Wayne has inclusive programs for Individuals with disabilities 5+. For those registered with DDD and 21y.o., DDD will pay for memberships. Learn more - <https://www.metroymcas.org/wayne-ymca/inclusive-programs/>