

FREE HEALTH AND FITNESS BODY EVALUATIONS



**Thursday,
January 17th**

**Thursday,
January 31st**

**Tuesday,
February 19th**

Appointments can be made between 8am and 6pm. Walk ins are welcome, but subject to availability. Please book your appointment with Member Services.

What Should I do? Where Do I Start?

Every journey begins with simply taking the first step. The YMCA is committed to helping you reach your health and fitness goals. We will get you started with a FREE 15 minute consultation with one of our certified trainers where you will receive a personalized activity plan complete with:

- ✓ **Weight Tracker**
- ✓ **Body Fat Analysis**
- ✓ **Body Measurements**
- ✓ **Exercise Recommendations**

*Must have an active facility membership before booking your appointment.