

NEW DATES: BOOK YOUR APPOINTMENT TODAY



FREE HEALTH AND FITNESS BODY EVALUATIONS



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

**Tuesday,
March 12th**

**Wednesday,
March 27th**

**Tuesday,
April 16th**

Appointments can be made between 8am and 5pm. Walk ins are welcome, but subject to availability. Please book your appointment with Member Services.

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

Cumberland Cape Atlantic YMCA

1159 East Landis Avenue Vineland, NJ (856) 691-0030 www.ccaymca.org