

# DON'T LET THE HOLIDAY WEIGHT SNEAK UP ON YOU! SIGN UP FOR HO HO HOLD YOUR WEIGHT! EDWARDSVILLE YMCA

**NOVEMBER 6<sup>TH</sup> - DECEMBER 22<sup>ND</sup>**

We have a great plan to keep the weight off during the holidays! This plan will help you say "NO" to those holiday cravings & challenge you to maintain your weight within 2lbs. for 7 weeks.

## **RECEIVE:**

- Punch Card for 4 FREE Spin Classes
- Weekly Emails: Include An Exercise Challenge & A Healthy Recipe
- \$20 YMCA Voucher If you maintain your weight within 2lbs.
- If you gain more than 2lbs. your \$20 fee will go towards our 2018 Annual Campaign program to help families in need.

## **WEIGH-IN DATES:**

- Nov. 6<sup>TH</sup> or 7<sup>TH</sup> • 5:00am - 10:00pm: First Weigh-In • Esic or Meyer Fitness Centers
- 2 Weigh-In's To Help Keep You Accountable During The 7 Weeks (Optional)
- Dec. 22<sup>ND</sup>: Final Weigh-in

**FULL PRIVILEGE/FITNESS CENTER MEMBERS ONLY \$20**

