



# YMCA WEIGHT LOSS PROGRAM

FREE TO MEMBERS



Learn how to eat healthier, move more, and lose weight with the YMCA's Weight Loss Program. No gimmicks, no restrictive approaches — just the tools you need to achieve your wellness goals.

This program will provide strategies to incorporate nutrition and physical activity into your lifestyle, keep you motivated, and address the obstacles and pitfalls that make losing weight, and keeping it off, such a challenge. You'll meet weekly with a small group for one hour in a classroom. This supportive network will help when the going gets tough and celebrate success along the way.

**Join today and get started on creating lasting change!**

## DETAILS:

- 1 12 weeks / 1 session a week
- 2 For adults 18 years or older
- 3 Free for YMCA members

## WHY THE Y WEIGHT LOSS PROGRAM?

- 1 **It's Empowering.** We give you the tools to design weight loss goals that will work for you.
- 2 **It's Supportive.** We harness the power of the group to support, encourage, learn, and solve problems.
- 3 **It's Personal.** We help you define what success looks like.

## AVAILABLE CLASSES

Mondays - 10:00 am - starts Feb. 11, 2019  
Fridays - 6:00 pm - starts Feb. 15, 2019

For more information, contact Kayla Gordon at [kgordon@ymcanyc.org](mailto:kgordon@ymcanyc.org) or 212-912-2260.

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