



NEW FOR JANUARY 2020!

CHOOSE TO LOSE CHALLENGE!

The Challenge is led by our Certified Personal Trainer, Chris, to help you reduce body weight, body fat, and increase your overall strength, cardiovascular endurance, and health.

Work side by side with your team for 8 weeks and commit to a new you in the new year.

WHY JOIN THE CHALLENGE?

- Weekly team workouts
- Weekly weigh-ins with your trainer
- Help with menu planning
- Chance to win prizes
- Inspiration and motivation!

PROSPECT PARK YMCA 357 9th Street, Brooklyn, NY 11215

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January 8 – February 26
Wednesdays, 6:15PM
Registration Fee: \$199

Stop by the Membership Desk to sign-up. Registration starts December 14!