



# YMCA WEIGHT LOSS PROGRAM

**FREE TO MEMBERS**



Park Slope Amory YMCA  
361 15<sup>th</sup> Street  
Brooklyn, NY 11215

Learn how to eat healthier, move more, and lose weight with the YMCA's Weight Loss Program. We provide strategies to incorporate nutrition and physical activity into your lifestyle, keep you motivated, and address the obstacles that make losing weight, and keeping it off, such a challenge.

Our classes meet in small groups for one hour every week. This supportive network will help when the going gets tough and celebrate success along the way.

No gimmicks, no restrictive approaches — just the tools you need to achieve your wellness goals today!

## 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.

## ARMORY'S AVAILABLE CLASSES

January 2<sup>nd</sup> – April 2<sup>nd</sup> on Thursdays from 6:30-7:30pm with Buffy (no class on 2/16)

January 5<sup>th</sup> – April 5<sup>th</sup> on Sundays from 2pm – 3pm with Shomari (no class on 2/20)

Preregistration required.  
Please register at the Park Slope  
Armory's membership desk.

Contact Joshua Satoo, our Sports & Healthy Lifestyles Coordinator, at [josatoo@ymcanyc.org](mailto:josatoo@ymcanyc.org) with any further questions or concerns