

Spring into Fitness Challenge

for YMCA Strong Kids



JOIN OUR 6 WEEK FITNESS CHALLENGE!

March 20 – April 30, 2017

Register a challenge team of four to six (15 yrs plus) participants for this 6 week fitness and pledge challenge, work hard together, transform yourself for spring and support the YMCA Strong Kids Campaign. Teams receive six one-hour personal training sessions to help you toward your goal!

Registration Fees

Members: \$65 + pledges raised
Non Members: \$110 + pledges raised
(includes 6 wk membership) Teams will raise at least \$100 for YMCA Strong Kids with bonus points for the most raised.

Information regarding assigned trainers, weekly challenges and goals, will be provided to team captains following registration.

The Fitness Award

For every inch lost, participants are awarded 2 points. Bonus points are also offered throughout the challenge. At the end of the challenge, the team with the highest point total wins an amazing prize.

Teams should pre-register with payment at the Y Membership Desk by March 17th.

Reach your fitness goals for spring!



YMCA
**STRONG
KIDS**
CAMPAIGN



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