

Mission:



TEAM Challenge

... a team approach to total wellness!

IT IS BACK with a NEW Twist!

10-WEEK WELLNESS & WEIGHT LOSS PROGRAM

September 13 - November 21, 2010

Registration begins August 16, 2010 at 5:00 AM. Participants must register in person.

Each team will be led by a certified YMCA Personal Trainer and must have 10 members to compete.

Team Member Benefits:

- T-shirt in team color
- Weekly weigh-ins on Mondays
- Once a week (one-hour) team workout with the Personal Trainer *(see times for teams and trainers on the registration form)*
- Body measurements at the beginning and end of the program
- Team Challenge Event (Saturday, November 13, 2010)
- **Teams are based on first come, first served registration.**

The winning team is determined based on most points accumulated during the program.

Points are awarded based on:

- ✓ attendance in the team workouts
- ✓ improvements in the individual fitness test
- ✓ number of days team member has worked out at the Y
- ✓ pounds lost ✓ percentage of weight lost ✓ inches lost
- ✓ points collected for the team during the Team challenge competition
- ✓ **full details of the point system will be provided in the Teams' Orientation on Monday, September 13 at 6:00 p.m.**

\$39 YMCA Members ONLY

For more information, contact Ink Young at (716) 701-1330 or e-mail fitness@oleanymca.org.

SPACE IS LIMITED!

