



**Achieve Superior Conditioning
Join the**

YMCA FAT-LOSS COMPETITION

Winners receive \$500 Gift Certificate

Individuals compete against each other to see who can lose a greater percentage of fat.

Watch your body transform and get ripped in 12 weeks.

Two Divisions: Male & Female

Program Requirements:

- Have Fun!
- Program runs January 4 thru March 26
- Ages 16 & up
- YMCA Members \$60, Non-Members \$100
- Body Fat test will be performed by a YMCA certified fitness specialist with a Jamar fat caliper, using the YMCA protocol for fitness testing.
- First Body Fat test week of January 4
- Final Body Fat test week of March 26

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.