

Ruby C. Hunt YMCA Presents

Twenty-Ten Weigh-In

A Fitness Challenge for Everyone

8 week program starting January 11th



Start off the New Year right!

January 11
to
March 1

Meet with a Wellness Coach every Monday, weigh in, and receive weekly health information!

Weigh-ins will be every Monday from 5am to 9pm.

Signup at the Welcome Center!



Every week that you come and weigh in your name will be entered into a drawing to win prizes!

FREE for Members

\$10 for Non Members