
LOSE 2 WIN

Westport Weston Family YMCA

FIT-tastic 5

Sunday, November 12 – Saturday, December 16

Individual Competition

- Complete challenges designed to help you look and feel your best for the holidays!
- Less than 3 hours a week to be FIT-tastic!

Weekly Weigh-In Sessions to Keep You on Track

Program Fee: \$40 per person

Individual Prizes

- Free month of Membership
- Free Personal Training & Nutrition Sessions
- Other great prizes

REGISTRATION

Registration opens Wednesday, November 1 at 8:00 am

QUESTIONS: Please contact Shelly Goldman, Interim Health and Wellness Director at sgoldman@westportymca.org 203-571-6035
