

LÖSE 2 WIN

Westport Weston Family YMCA

FIT & FABULOUS IN 5!

Complete challenges designed to help you look and feel your best during the holidays!

Dates: October 28 - December 1

Fee: \$49/member \$79/non-member

Program includes weigh-in sessions, nutrition talks, and special L2W classes to help **KEEP YOU ON TRACK.**



CONTACT:

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