



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LÖSE 2 WIN

Westport Weston Family YMCA

FIT & FABULOUS IN 5!

Sunday, October 27 – Saturday, November 30

Includes:

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

Nutrition tracking, weekly L-2-W classes, weigh-in sessions, and unlimited support!

Participate for all 5 weeks and be eligible to win Personal Training sessions.



Register Now:

Program Fee: \$59 member

\$99 non-member

We can help you get on track to become FIT & FABULOUS!

QUESTIONS: Shelly Goldman, Director of Health and Wellness
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