

BODY 3

CHALLENGE

8 week series, held at the Saginaw YMCA challenging your body to new heights as you reach your new personal fitness goals.

When you register, you receive:

- Progressive interval/circuit training classes with beginner, intermediate and advanced levels
- Individual weight and body fat assessment
- Individual nutrition plan
- Comprehensive fitness and weight loss challenge classes
- Weekly community nutrition support
- Unlimited class participation
- Inspiration and motivation to change your body
- Flexible class schedule offers early morning, mid morning and evening classes 6 days a week. You will receive a class schedule when you register.

\$300 Body Challenge Winner

Cost Of Participating

YMCA Full member = \$125.00

Non-Member = \$280.00

The Challenge starts June 22nd and runs through August 15th

Registration will be held at the Saginaw YMCA on:

April 2nd, 3rd & 4th 8:00 -12 am & 4-6 pm

pre register by calling the YMCA 989-753-7723

or TwinPeak Performance at 989-245-6056

