



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EARN A WEALTH OF GOOD HEALTH

SPRING INTO HEALTH | TEAM EDITION Group Weight Lost Challenge REIDSVILLE YMCA

The Spring into Health challenge is back but with a twist: Spring into Health | TEAM EDITION. Build your supreme spring fit team! This 6 week weight loss challenge will assist you with reaching your fitness goals all while holding you accountable with a group! Utilize all the Y has to offer such as exercise classes, personal training, and more to build a healthy spirit, mind and body!

Program Details

- April 8th–May 19th 2019
- \$30 each Team Member
- A total of 4 teams are required to run the program
- Registration includes a t-shirt.

Get started today!

- Register your team at the front desk. Teams of 3 ONLY. Individuals registering without a team, will be placed on a team according to their registration date.
- Commit to your fitness goals and your team, by becoming more active, exercising and losing weight!
- Weigh-ins begin the week of April 8th, 2019

Prize categories

- The team with the highest overall combined percentage of weight loss win the TOP PRIZE!
- Prizes are for EACH member of the team. There are opportunities to win additional prizes each week.