



ALL SUCCESS IN BEING PHYSICALLY ACTIVE IS LARGELY BASED ON HABIT. SUCCESSFUL EXERCISERS ENJOY RESULTS BECAUSE OF THEIR EXERCISE PATTERNS OR HABITS. IN ORDER TO MAKE IMPROVEMENTS IN OUR LIVES, IT IS ESSENTIAL TO START ESTABLISHING AND REINFORCING SUCCESSFUL HABITS.

ONCE YOU REGISTER, YOU WILL HAVE 29 MORE DAYS TO FINISH. THIS MAY INCLUDE A COMBINATION OF CARDIOVASCULAR, STRENGTH, GROUP, AND RECREATIONAL ACTIVITIES. YOUR PROGRESS WILL BE TRACKED AND UPON YOUR COMPLETION DATE YOUR NAME WILL BE POSTED SO THAT OTHER YMCA MEMBERS, STAFF, AND VOLUNTEERS CAN RECOGNIZE AND CELEBRATE YOUR EFFORTS.

JOIN TODAY AND RECEIVE A 21-DAY CHALLENGE GIFT UPON COMPLETION.



DEVELOP A NEW HABIT

FEB 28.09

21-DAY GET FIT CHALLENGE

21 DAYS TO IMPROVE YOUR SKILLS.

21 DAYS TO IMPROVE YOUR HEALTH.

21 DAYS TO IMPROVE YOUR LIFE.

CHALLENGE YOURSELF TODAY.

SPEAK TO OUR GROUP & INDIVIDUAL FITNESS REPRESENTATIVE AND SIGN UP TODAY!