SUMMER MELTDOWN!

FRIENDLY FITNESS COMPETITION!!

The Battle Creek Family YMCA is committed to helping you stay healthy through our “Summer Meltdown” program. Whether you are looking to start an exercise program, or maintain one, we welcome you to join!

Summer Meltdown is a 9-week exercise program focused on making sure you stay active. Each minute of exercise will count towards the next level. Competitors will track their activity on individual exercise logs and at the end of the program those who are able to reach 2000 or more minutes are entered into a drawing for a chance to win a Fitbit Flex or a Gym Bag with Y gear!

DATES:  June 1- August 1, 2015
WHO:    Individuals 13+
COST:   $25 (INCLUDES T-SHIRT)

REGISTER TODAY AT THE FRONT DESK!

HAVE QUESTIONS? CONTACT DANIELLE WILSON @ EXT. 141