



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WOMEN'S WEIGH

START YOUR YEAR OFF IN THE COMPANY OF FRIENDS! "WOMEN'S WEIGH" IF YOU ARE LOOKING FOR HEALTH AND FITNESS GUIDANCE, SUPPORT OR JUST FRIENDSHIP.....THIS IS THE PROGRAM FOR YOU!

Who

All or any Women, member or non-members

When

January 3 – February 21, 2012

Tuesday nights 6:00pm-7:00pm

Additional times will be asked of you, and encourage.

Where

North Street YMCA, 533 North Street, Auburn.

Sign up information

Sign up today to ensure your spot, 20 open spots. Stop in at either one of our front desks to sign up, **by December 26, 2011**. For more sign up information, or questions, call 925-9622.

Fees

\$10.00 members

\$20.00 non-members

Participation information

- Pre and post assessment tests
- Trainers
- Support group
- Access to all YMCA of DeKalb County:
 - fitness centers
 - land fitness classes
 - water fitness classes
 - open/lap swims

Looking for a Christmas present idea? Every woman would love it, call or stop in, any one of our two locations to sign up: 925-9622. Remember pre-register by December 26 to ensure your spot.

Sponsored by: UNITED WAY OF DEKALB COUNTY'S POWER OF THE PURSE

YMCA OF DEKALB COUNTY, INC.

310 N. Main Street, Auburn IN 46706

P 260-925-9622 F 260-925-6766 www.ymcadekalb.org



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