



# ARE YOU READY FOR A CHALLENGE?

## We're Dashing all the Weigh **Out** of 2021

This **feel-good holiday fitness challenge** is open to members AND non-members - see info below.

**Dates: Monday, November 29, 2021 - Sunday, January 9, 2022**

### CHALLENGE INFORMATION

- Six weeks of workouts, tips, demos, more
- Sign up November 3 - December 5
- Your personal challenge log is kept at the Y
- Record your journey and have a fitness staff member sign off on your page each week
- Must complete all 6 weeks and check-out

### FREE BONUS EXTRAS

- TRX demonstrations and Fascial Stretch Therapy sessions offered throughout Challenge
- Finish all six weeks to earn a fabulous long-sleeve "Dashing all the Weigh Out of 2021" t-shirt



### NON-MEMBERS

Purchase a *Two-Month Membership* ("Take 2") and you may participate in this Challenge. **BONUS:** Receive a free fit assessment at time of membership. Same registration dates apply. Members may invite friends and family to take a two-month membership to participate (one-time only offer).

### CONTACT

Health and Wellness Director Darlene Kievit: [darlenek@lhymca.com](mailto:darlenek@lhymca.com) or phone: 973.507.7026

### LAKELAND HILLS FAMILY YMCA

100 Fanny Road, Mountain Lakes, NJ 07046

**P** 973 334 2820 **F** 973 334 1308

[www.lakelandhillsymca.com](http://www.lakelandhillsymca.com)

