



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Smallest Winner Spring Season

**REGISTER TODAY!
STARTS FEB 18**

Member price \$465
Non-member \$690

**JOIN US THIS FEBRUARY AND BE PART OF A
PROGRAM THAT HAS CHANGED SO MANY LIVES**

- WEEKLY 30MIN 1 ON 1 SESSION
- WEEKLY 60 MIN GROUP SESSION
- TEAM ACCOUNTABILITY
- WEEKLY NUTRITION CHALLENGES
- OPTIONAL WEEKLY KICKBOXING CLASS
- MEET NEW FRIENDS & HAVE FUN WHILE GETTING FIT!

EARLY BIRD SPECIAL!!
SIGN UP PRIOR TO FEB 1
AND RECEIVE A
FREE TRAINING SESSION!

MON	TUES	WED	THUR	FRI	SAT
830am Donna	930am Kristen			830am Erin	
530pm Katrina		6:30PM Lauren	630pm Nick	4pm Lauren	

Old Colony YMCA — Plymouth Branch
2 Greenside Way South Plymouth MA 02360
Contact Nick Robbins 508-927-3100 nrobbins@oldcolonyymca.org www.oldcolonyymca.org