

MOTIVATE. EMPOWER. SUCCEED.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



The Great Stateline Weight Loss Challenge

Session I: January 9th-March 3rd

Session II: March 12th-May 5th

Be part of our 8 week challenge that will put 2 teams from the Roscoe-Rockton Branch and 2 teams from the Beloit Branch against each other...the mission...to lose weight and become a healthier you! You will track your progress with journals and participate in team challenges and team workouts.

This program led by certified personal trainers will also include weekly weigh-ins, periodic measurements and a Dietician led talk.

Prizes for the overall winner and winning team.

Sign up today—spaces are limited! For more information please call Ann Hankins, 608-365-2261 or ahankins@statelinefamilyymca.org

Sign up for a time that would work for you!

Beloit Branch

1865 Riverside Drive

Beloit, WI

608-365-2261

Monday 10:30a.m.

Saturday 8:00 a.m.

Roscoe-Rockton Branch

9901 Main Street

Roscoe, IL

816-623-5858

Monday 9:00a.m.

Wednesday 6:00p.m. (First Session)

Thursday 6:00p.m. (Second Session)

Member: \$150.00

General Public: \$225.00