



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POWER OF POSSIBILITY

Intro to Wellness, Weight Management & Weight Loss

Kearney Family YMCA

Being healthy is a challenge... Luckily, the Kearney YMCA is here for you! Join us in our **NEW Intro to Wellness, Weight Management & Weight Loss Class** to learn how healthy habits can make a big difference. This 8 week course includes proven habits to choose a healthier lifestyle and stronger results. Join this class to become familiar with basic workouts, the importance of physical activity, nutritional support, recipe sharing, and more!

BONUS!!! Attend each week, turn in your progress card and receive a GIFT CARD from us to continue your journey. *This card will equal the fee for the class.*



**CLASSES
OFFERED
YEAR
ROUND!**

**Classes offered at
Noon & in the Evening**

**Y Members: \$40
Non-Members: \$120**

**For more information contact:
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