



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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