

# YPERSONAL FITNESS™

We build strong kids, strong families, strong communities.



## THE INCH BY INCH WEIGHT LOSS CHALLENGE NEW and IMPROVED for 2010!

Mission: Meltdown 2010! Need to lose at least 25 pounds? Are you ready to change your life once and for all? If so, then this weight loss challenge is for you! This program is specifically designed to not only give you a great workout that will maximize weight loss

and muscular endurance, but it will also incorporate the nutritional aspect. Just like Frosty the Snowman in the spring, you will shed those pounds and be a thinner, healthier, brand new you, and you could be named the winner!

The program will run from Monday, April 12 through Saturday, June 26. The program includes weigh-ins, a fitness assessment, a nutritional assessment, a fitness and nutrition journal, an exercise program (Chisel) and informational as well as inspirational workshops on topics that will help you on your weight loss journey. You will work with Molly Cantrell, DTR, on all of your nutritional needs. You will also hear the stories of others who have been where you are and have succeeded. They'll give you some great tips and advice on things that worked and that didn't work!

Packets of detailed information are available at the Front Desk. For more information please contact Melissa Heidrich, Greenville Health and Wellness Coordinator, at 548-3777, ext. 26 or mheidrich@ymcadarkecounty.org.

**Fees: Member: \$50 Other: \$150**

### Chisel

Greenville	Mon/Wed/Fri	8:00-9:00 am
Greenville	Mon/Wed	5:30-6:30 pm
Greenville	Saturday	10:00-11:00 am

### Initial Weigh-In and Health Fitness Assessment Dates\*:

Monday, April 5—Friday, April 9:  
8:30 am-12:00 pm **or** 5:00-8:00 pm

Saturday, April 10  
9:00 am - 12:00 pm

*\*Please allow at least 20 minutes for the weigh-in and fitness assessment. You may schedule your appointment at the Front Desk. Please wear comfortable clothing and tennis shoes.*

## PERSONAL TRAINING

Whether you're new to exercise or someone who wants to take his/her fitness to the next level, the YMCA of Darke County Personal Training Program will get you the results you are looking for! Once enrolled, you will be working with a personal trainer one-on-one. After reviewing your goals, the trainer will then develop a customized exercise program to meet your specific needs. During each scheduled training session, your trainer will guide you through each exercise offering feedback, motivation and accountability. For those of you who don't like to work out alone, enroll with one or two friends for tandem training. Train, motivate and support each other on the way to reaching your fitness goals.

Our Personal Trainer, Warren Richards, earned a Bachelor's of Science Degree in Exercise Physiology from Ohio University. Personal Training is available by appointment only. Contact the Greenville Facility at 548-3777 to set an appointment.

Personal Training Fees:	Member/hr:	Other/hr:
Individual	\$30	\$60
Tandem (2 or 3 people)	\$20/person	\$40/person
5-Pack	\$120	\$240

Personal Trainer: Warren Richards

## PRIVATE BASKETBALL INSTRUCTION

Looking for a way to improve your game? The YMCA has the solution. Sign up for private basketball instruction from our Senior Program Director Allan King. Allan has a Bachelor's Degree from Bluffton College in Sport Management. Allan has been an Assistant Basketball Coach at the collegiate level for over six years and was Head Coach for the University of Pittsburg at Bradford Women's Basketball Team for the past three years. He currently is serving as the Assistant Coach for Women's Basketball at Capital in Columbus. Allan has coached five All-Americans, including one of the nation's leading scorers. He also has coached two NCAA tournament teams. For more information, contact Allan King at the YMCA at 548-3777, ext. 25 or [aking@ymcadarkecounty.org](mailto:aking@ymcadarkecounty.org).

Basketball Fees:	Member/hr:	Other/hr:
Individual	\$30	\$60
2nd Person	\$15	\$30
5-Pack	\$120	\$240

Basketball Instructor: Allan King

## PRIVATE GYMNASTIC OR SWIM LESSONS

The YMCA also offers private gymnastic and/or swim lessons. Contact the YMCA for more details!