

Healthy Holiday Payback Challenge

November 12th—December 31st



Registration Begins: October 29th

**Kickoff : Sunday November 12th from 5:00-6:00 pm
at the Ron Rosner YMCA**

Teams led by Certified Instructors

Entry Fee: \$20.00

Prizes—Winning team, Best shirts, Most classes taken

Wrap-up Celebration: January 7th 5-6pm at the YMCA

**For more information contact Angela Williams at
540-419-1703 or awilliams@family-ymca.org**

Stay focused on your Health during the Holidays!



RON ROSNER FAMILY YMCA
5700 Smith Station Road
Fredericksburg, VA 22407
540-735-9622
www.family-ymca.org

Challenge Kickoff is Sunday Nov 12

Join us from 5pm – 6pm

Stay focused on your Health during the Holidays!

Make sure you come out to meet your team mates and coach, pick up your packets and get some great nutrition tips.

Challenge highlights:

- ™ Y Each team has a coach to help.
- ™ Y Prizes will be awarded to a team and an individual.
- ™ Y Bingo cards with varying point values.
- ™ Y Receive points for attending group fitness classes.
- ™ Y Receive points for the work out (posted on Facebook).
- ™ Y Receive points for attending new classes.
- ™ Y Receive points for trying a different YMCA.
- ™ Y Receive points for weight and/or inches lost.
- ™ Y Receive points for signing up for Remind. Text @ronro to 81010