



LOSIN IT CHALLENGE

JANUARY 15 - FEBRUARY 21

**MONDAY
&
WEDNESDAY
4:30-5:15PM**

**GROUP EXERCISE TRAINING &
NUTRITION EDUCATION**

**MEMBER: \$20/SESSION
NON-MEMBER: \$40/SESSION**

MEYERS LAKE YMCA
1333 NORTH PARK AVE
CANTON, OH 44708
330.454.9018
WWW.YMCASTARK.ORG

