



**ERIC SNOW YMCA**

# **LOSIN' IT**

**8 week program for all levels of fitness.  
Prizes awarded to the top 3 participants!**

2 weekly workouts on Monday and Wednesday  
evenings from 5-5:45pm

Beginning February 6 - March 29

Baseline measurement and weigh-ins taken on  
February 2 & February 3

Members \$20 | Program Participant \$40

**Please email or call for measurements and weigh-ins.**

**Krysten Neal-Wilson at [kneal@ymcastark.org](mailto:kneal@ymcastark.org)**

**Or call the Eric Snow YMCA at 330-458-2403**