



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Y-LOSE IT

Session Dates: February 1—April 30, 2012

Registration Dates: January 1—23, 2012

Y Members: \$125

Join the Lincoln YMCA's weight loss challenge! You will work together with a Wellness Coach and up to six team members for 13 weeks. Cash prizes will be awarded to the team and the individual that loses the most percentage of weight within the Lincoln YMCA's.

