FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUMPSTART YOUR WELLNESS TODAY

12 WEEK WELLNESS PROGRAM

Classes, Personal Training and Support

DOWNTOWN Y & Y @ UPMC HAMOT

JUMPSTART is a new approach to wellness that involves specialized classes, personal training sessions and lots of support!

12 Weeks of JUMPSTART include:

- 3 Specialized Classes Each Week – Times TBA
- 1 Personal Training Session Each Week (That's a $300 Value)

Program Begins with Initial Health Assessments the week of May 23rd; Classes and Personal Training begins the week of Memorial Day May 30th; and runs through Saturday August 20th with Post Testing the week of August 22nd.

Members: $100; Non-Members: $200

For More Information, Contact Monica Olesnanik at 877-3716 or molesnanik@ymcaerie.org