



TRI CITY FITNESS



CHALLENGE

at the BATH AREA FAMILY YMCA

This year the Y is participating in the Tri City Fitness Challenge. This 12 week challenge will focus on healthy lifestyles to achieve your fitness goals. Along with group workouts and trainer tips, participants will be able to attend lectures and workshops on healthy lifestyle choices for all ages.

Kick-Off: January 7, 2012 at Midcoast Hospital Cafeteria, 1 pm

Team YMCA registration for Members: \$99

Team YMCA registration for Community Members: \$120

“Tri City Challenge” 3-month Y membership/registration combo: \$249

Register now:

[download registration form at www.bathymca.org](#)

or call 443-4112

Registration includes:

- Tri City Challenge T-Shirt
- Weekly group workouts and workshops
- Private weigh-ins (optional)
- 12 weeks of workout routines and trainer tips
- Access to all Tri City Fitness Challenge workouts/workshops at the Y, Maine Pines, and New England Medical Fitness.

Maine Pines
Brunswick

New England
Medical Fitness
Topsham

Bath Area
Family YMCA
Bath

For more information about Team YMCA, contact Kevin Shute at 443-4112x22 or kevin@bathymca.org

For general information about the Tri City Fitness Challenge, contact Ida Messerman at 798-9319.