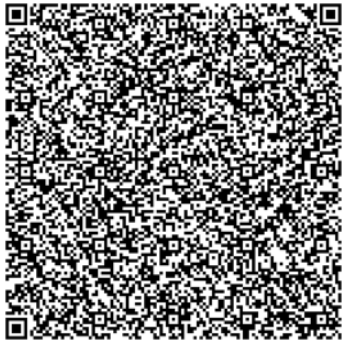


DOWNTOWN YMCA
146 Arsenal Street
Watertown, New York 13601

For program questions contact:
Michelle Graham
Email: mgraham@nnyymca.org
Phone: 315.755.9622

For more information on programs,
memberships, services, and to
register: watertownymca.org



**SCAN QR CODE
TO REGISTER**

Check out these other great
YMCA programs:

- Swim Lessons
- Aquatic Classes
- Racquet Sports
- Group Ex



GATEWAY FINANCIAL SCHOLARSHIP

To successfully achieve our goal of providing service for all youth and families, with the support of the **Northern New York Community Foundation**, the **WATERTOWN FAMILY YMCA**, provides financial assistance to those who cannot afford the memberships or programs fees. Assistance is based upon the applicant's income and expenses.

Applications are available at the Welcome Center or online. YMCA is committed to protecting the privacy of its members and maintaining their personal information in confidence.



Northern New York
Community Foundation



**DOWNTOWN YMCA
FALL INTO FITNESS:
GET READY FOR THE
HOLIDAYS CHALLENGE
18+ YEARS**

**REGISTRATION OPENS
SEPTEMBER 12, 2024**



WHAT YOU NEED TO KNOW

Ages: 18+ YEARS

Location: Downtown YMCA

Start Date: October 14, 2024

End Date: November 20, 2024

Days & Times:

Trainer Meetings:

Mondays 10:00 AM

Tuesdays 5:30 PM

Nutrition Education:

Wednesdays 5:30 PM

Program Fees:

Member: \$100.00

Non-member: \$120.00

Military: \$110.00

FALL INTO FITNESS: GET READY FOR THE HOLIDAYS CHALLENGE

Weekly Trainer Meetings:

Week 1: Cardio Workouts Mix It Up

Week 2: Importance of Diet "You Cannot Out Exercise a Bad Diet"

Week 3: Weight Training / TRX Training

Week 4: Get To Know Virtual and Live Class Offerings "Workout Together"

Week 5: Nuts and Bolts of a Great and Effective Exercise Program

Week 6: Making Time for Exercise Through the Holiday Season

Weekly Nutrition Education:

Week 1: Not Your Typical Salad

Week 2: CoreLife Eatery Presentation

Week 3: Smoothie Central
Learn how to make healthy, high-quality smoothies.

Week 4: Meal Planning & Food Prep
Get ready for your week ahead with easy meal planning tips.

Week 5: Re-tool Recipes for Optimum Nutrition

Week 6: Mystery GUEST



Discover fun holiday fitness workouts designed to help you stay in shape during the festive season, combined with weekly nutrition education sessions in the new State-of-the-art YMCA Community Kitchen.



REQUIRED EQUIPMENT

Water Bottle

Athletic Clothing

Sneakers

Desire for CHANGE

PROGRAM INCLUDES

- Pre and post challenge Inbody assessment
- Weekly trainer meetings
- Weekly nutrition education in new YMCA state-of-the-art community kitchen



WATERTOWNYMCA.ORG