

DOWNTOWN YMCA
146 Arsenal Street
Watertown, New York 13601

For program questions contact:
Michelle Graham
Email: mgraham@nnyymca.org
Phone: 315.782.3100

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



SCAN TO
REGISTER

Check out these other great
YMCA programs:

- Kettlebell Training
- Personal Training
- Masters Swim



GATEWAY FINANCIAL SCHOLARSHIP

To ensure all youth and families have access to programs and services, **Watertown Family YMCA**, supported by **Northern New York Community Foundation**, **United States Army Child & Youth Services** and **United Way of Northern New York**, offers financial assistance to those who are unable to afford membership or program fees.

Assistance is determined based on each applicant's income and expenses.

Applications are available at the YMCA Welcome Center or online. Watertown Family YMCA is committed to protecting the privacy of all applicants and safeguarding their personal information.



Northern New York
Community Foundation



UNITED STATES ARMY
CHILD & YOUTH SERVICES



UNITED WAY OF NORTHERN NEW YORK

DOWNTOWN YMCA
THE ULTIMATE
NEW YEAR,
NEW YOU
YMCA WEIGHT LOSS PROGRAM
AGES: 18+



REGISTRATION OPEN:
NEW PRICE, NEW DATES!



WATERTOWNYMCA.ORG

WHAT YOU NEED TO KNOW

Ages: 18+ Years

Location: Downtown Fitness Center

Start Date: January 19

End Date: April 6

Program Fee:

Members: \$200.00

Non-Members: \$250.00

Military: \$225.00

**Only 12 spots available.
Register early!**

THE ULTIMATE NEW YEAR, NEW YOU WEIGHT LOSS PROGRAM

Let our team of trainers help you start the New Year with a **NEW YOU!** This YMCA Weight Loss Program will help you focus on creating positive changes, building healthy habits, and setting you up for success in the gym.

- **12 Personal Training Sessions – With a Certified Personal Trainer**
- **4 Community Kitchen Classes – Building Blocks to Healthy Eating**
- **12 Lectures on Health & Wellness – Focus on behavior change, nutrition, and overall health and wellness**

PROGRAM SCHEDULE:

Personal Training* –

1 Session Per Week (pick one)

Mondays at 11:00 AM

Thursdays at 4:30 PM

* Training begins the 2nd week of the program (February 2nd or 5th)

Community Kitchen Classes –

Wednesdays at 5:00PM

Dates: January 21

February 4

February 18

March 4

Health & Wellness Lectures –

Mondays at 12:00PM

GET READY TO GET FIT IN 2026!



REQUIRED EQUIPMENT

Water Bottle

Athletic Clothing



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