

Are you searching for **MOTIVATION** to get back on track with your fitness goals this fall? Looking for a fun way to meet more workout buddies at the Y?



Starts October 5th!

Fall Into Fitness!

Ends November 15th



For more details or to sign up, ask a Wellness Coach OR stop by the front desk to join a team.



Questions? Contact:
Meg Weise
262-268-5428
mweise@ymcamke.org
Program code: 01130-01

Join the YMCA of Metropolitan Milwaukee in a 6-week wellness program, **“Fall into Fitness”**

to help get started or maintain your exercise program while meeting other Y members at the same time! Teams across the association will compete by logging their exercise minutes.

- \$10 entry fee per participant
- Register by **September 21st** to receive your team t-shirt
- Sign up individually or with a friend/family member & we'll set you up on a team that matches your interests & schedule.
- Want to lead a team? Contact **Meg Weise** to register your team!
- Earn points while exercising at any of the **Metro Milwaukee Association YMCAs**
- Earn points by participating in your community's fitness events with your team! A list of events will be provided at each YMCA location.
- Earn **extra points** by exercising with fellow team members and/or in the Program of the Week!
- Prize for the top team at each YMCA location
- Grand Prize for the winning team of the Association (At the location with the Association winner, the 2nd place team will be awarded the location-specific prize.)