



SLIM DOWN CHALLENGE

BURN FAT AND GET LEAN, FOR SUMMER 2016



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It may be hard to believe right now, but summer will be here soon, and we all know what that means..... it's swimsuit season. Whether we like it or not. Luckily the Milwaukee Y is here to help with the Slim Down Challenge, the newest offering in our Wellness Challenge Series. This six-week group challenge is sure to help you gain muscle, lose weight and feel great, just in time for summer.

HOW IT WORKS: Teams of four from across the Milwaukee Y association, will compete against each other in a recommended workout or "Challenge of the Week." Participants will also have exclusive access to workshops designed specifically to help you stay on track. At the end of six weeks, prizes will be awarded for the highest percentage of improvement in body composition (increase in lean muscle mass and decrease in body fat), to the top team across the Milwaukee Y association and the top female and top male at each Center. Participants will receive a t-shirt upon completion of the program. So grab three of your friends to form a team, or ask our wellness staff about joining a team. Register at the Membership desk.

REGISTRATION DATES: April 10 - May 4

CHALLENGE DATES: May 2- June 12

FEE: Y Member - \$20; Community Participant - \$65

FOR MORE INFORMATION: For more information on the Slim Down Wellness Challenge, please see the rules and regulations on the back of this flier or contact: Carley Hoelzel, Senior Coordinator of Wellness at 414-274-0807 or choelzel@ymcamke.org.