

# FALL INTO FITNESS



- Get fit with your friends in teams of 4! Don't have a full team? Give us a call and we'll see what we can do!
- Non-members receive use of all three Y locations for the duration of the program!
- Training is available at two locations for your convenience.
- A variety of workouts to challenge your whole body.
- A 10% discount on nutrition package with completion.
- Receive a complimentary macronutrient outline to help you reach your goals.

## 8-WEEK PERSONAL TRAINING PROGRAM FOR TEAMS OF 4

Week of

Week of

# Oct 8th – Nov 26th

\$140 FOR MEMBERS  
\$190 FOR NON-MEMBERS

### **WEEK 1**      **Orientation**

Weigh-in and Body Composition

### **WEEK 2-7**    **Stay Focused**

1 hour group personal training sessions

### **WEEK 8**      **You Did It!**

Weigh-in and Body Composition

PICK THE BEST DAY  
FOR YOUR TEAM

**MONDAYS** at 5:30 pm  
**Health Club + Spa**

or

**THURSDAYS** at 9:00 am  
**Turner Street**

For more information contact Nicole Oberlander, Executive Director of Health & Wellness

**207-795-4095 or [noberlander@alymca.org](mailto:noberlander@alymca.org)**