

The Challenge

**You Don't Have To Be An Athlete
TO TRAIN LIKE ONE!!!!**

**Take Your Workout Outside!
Are you ready for a challenge?
GUESS WHAT?**

YOU ARE! Don't think about it! Just do it!



July 19th—Aug. 27th

REGISTER TODAY!!!!



Days/Times: Mondays, Tuesdays, Thursdays 5:30am-6:45am
Mondays, Wednesdays, Fridays 9:15am-10:30am

Minimum Participants 5 Maximum Participants 15

The Challenge Minimum: Men: 3 Pull-ups, 15 Military Push-ups, 20 Full sit-ups
(Must be able to complete) Women: 1 Pull-up, 8 Military Push-ups, 10 Full sit-ups

Cost:Members: \$140 Non-Members: \$220

EARLY BIRD SPECIAL!!! Sign up before July 1st and receive \$20 off!

TURNOVER FOR MORE INFORMATION!

Mission Statement: To put Judeo-Christian principles into practice through programs
That build a healthy spirit, mind, body for all.
Visit our Website: www.ragsdaleymca.org; Phone Number: 336-882-9622

THE CHALLENGE

Session Date: July 19th – August 22nd

ADVANCE WARNING!!!!!!

THIS CHALLENGE IS FOR PEOPLE WHO ARE ACTION TAKERS AND WANT TO GET GREAT RESULTS! YOU DO NOT HAVE TO BE GENETICALLY GIFTED OR A NATURAL ATHLETE TO SHED BODY FAT AND GET IN SHAPE!!!!

IF YOU ARE READY TO MAKE A CHANGE, YOU BELIEVE IN YOURSELF AND YOU ARE READY TO GET THE RESULTS YOUR BODY DESERVES, THEN THIS IS FOR **YOU!**

Stretching, Balanced Workouts, and Measuring Results

Each class will begin with a good stretch, followed by a workout, which combines strength agility, cardiovascular, and flexibility workouts. Each class will end with a deep stretch, relaxation and motivational thought. Fitness Assessments will be performed at the beginning and end of the six-week session.

With the Challenge You Will:

This six-week session:

- Lose Body Fat
- Tone Up
- Improve Fitness and Health
- Increase Strength
- Learn the Best Way To Eat For Dropping Body Fat WITHOUT Super Strict Diets
- Have a GREAT TIME while you're doing it



NEW!!!!!!
NEW!!!!!!
NEW!!!!!!
NEW!!!!!!

Take Meal Planning to a whole new level!!!

To busy to plan your meals! Let "Vitabot" think for you! This helps you put foods together, not just to balance calories, but to balance vitamins and minerals as well! This approach creates a new and exciting way to look at your foods as well as shifting your focus toward balanced nutrition.

Register at the Front Desk

If you have additional questions, please contact Takeela Reddrick at 882-9622 ext. 238

****Workouts and class types change weekly!!**

Look forward to something new each day! **