



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# **JINGLE DON'T JIGGLE 2017**

## **HEALTHY HOLIDAY CHALLENGE!**

**KEEP FIT THROUGH THE HOLIDAYS!**

**NAUGATUCK YMCA**

**“CHECK YOUR LIST, CHECK IT TWICE”**

- Form a team of 4. Share your team name (*not naughty but nice*)  
*The buddy system is great for team encouragement, support and friendly competition.*
- Weekly team weigh-ins (*encouraged to weigh in around the same time*) each week.
- Must participate in 2-3 program classes of cardio, strength training and/or other activities at the YMCA.
- **New!** Exclusive Personal Training Classes for participants only in the **NEW** Performance Training Room.
- Winner Team is chosen based on highest body weight % lost
- 1st Weigh in: Week of 11/13/17 (includes kickoff) Last Weigh in: 1/18/18

**Kickoff Workout Blast: Thursday 11/16/17 6-8pm !!**

*Check out the competition!*

**10 week program. CASH PRIZES**

**Fees: Member = \$55 - Reciprocal member = \$75**

**Non-member = \$185 (Includes a full membership for the challenge.)**

**Naugatuck YMCA (203) 729-9622 [www.naugatuckymca.org](http://www.naugatuckymca.org)**