



## Welcome, Virginia Beach employees! The YMCA of South Hampton Roads is happy to be a part of the FIT Program.

The YMCA has been dedicated to the healthy development of children, adults and families for over 165 years. Benefit from the guidance of a FitQuest Coach, who will design a wellness plan specifically for you. For added encouragement, join a Y-Change group. The YMCA also offers families a variety of activities that instill values, strengthen relationships and are just plain fun! There's no better time than now to live a healthy lifestyle.

For more information and to sign up, please contact Laurie Redilla at the Mt. Trashmore Family YMCA at (757) 456-9622 or [LRedilla@ymcashr.org](mailto:LRedilla@ymcashr.org).

**Save up to \$175 or more  
when you join through January 18.**

Pay no joining fee through January 18; save up to \$75.  
Get 1/2 off the joining fee January 19–31; save up to \$37.50.  
Save an additional \$100/person on Y-Change.

**Spend a day at the Y on us!**

With this coupon, enjoy the benefits of YMCA membership for a day.  
Offer expires 1/31/2010. Some limitations may apply. Call your local family center for restrictions.

**YMCA of South Hampton Roads**  
*We build strong kids, strong families, strong communities*

**Hilltop Family YMCA**  
(757) 422-3805

**Indian River Family YMCA**  
(757) 366-0488

**Mt. Trashmore Family YMCA**  
(757) 456-9622

YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

