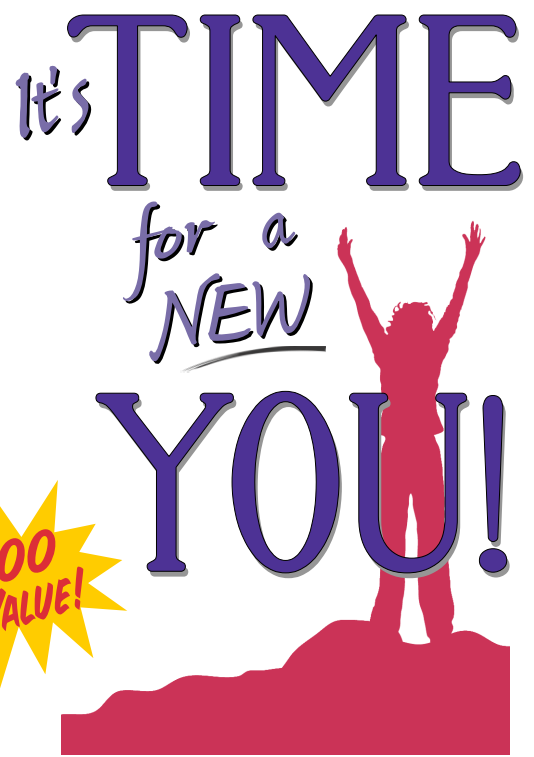


Y-Change

Creating Healthy Habits and Nutritional Goals Every Day



The 6-week **Y-Change** program is designed to help you meet your personal fitness goals. We'll help you embrace a lifestyle of good habits, regular exercise and the joyfulness of fellowship offered by our programs. The Y-Change program will both educate and motivate you. You'll learn how to recognize and defeat *bad* habits, and how to settle into new *good* habits. You'll also learn how to set goals, and better yet, how to achieve them! Your Y-Change Coach will be there every step of the way to guide you, keep you motivated, and help you track your progress to becoming a healthier new you!



Morning Sessions (1 hour)

Mondays 10:15 AM
30-Minute Exercise Sessions:
Wednesdays & Fridays at 11:15AM

Jun 7 - Jul 12

Thursdays 10:00 AM
30-Minute Exercise Sessions:
Wednesdays & Fridays at 10:30AM

May 6 - Jun 10

Evening Sessions (1 hour)

Mondays 5:15 PM
30-Minute Exercise Sessions:
Tuesdays & Fridays at 5:30PM

Jun 7 - Jul 12
Jul 26 - Aug 30

Tuesdays 5:15 PM
30-Minute Exercise Sessions:
Thursdays 6:20PM & Fridays 5:45PM

Jun 22 - Jul 27

Thursdays 6:30 PM
30-Minute Exercise Sessions:
Mondays & Wednesdays at 6:30PM

May 6 - Jun 10
Jul 1 - Aug 5

The **Y-Change II** program continues to build on the concepts learned in the original Y-Change program and includes one weekly group seminar. The emphasis of this six-week program is on cardiovascular exercise, stretching, strength training, nutrition and setting an individual plan to continue your healthy lifestyle journey. Participants must have successfully completed the original Y-Change program.

Y-Change II

Creating Healthy Habits and Nutritional Goals Every Day

Morning Sessions (1 hour)

Tuesdays 10:15 AM

Apr 27 - Jun 1

Thursdays 10:00 AM

Jun 24 - Jul 29

Evening Sessions (1 hour)

Mondays 6:30 PM

Jun 7 - Jul 12

Tuesdays 6:30 PM

Apr 27 - Jun 1
Jun 22 - Jul 27

Y-Change and Y-Change II is open to members only, ages 18 and older (youth 13-17 years old may attend with parent). Participants must be able to attend sessions during specifically registered group time.

Registration for all Y-Change sessions begin in-house and online on the first of the month preceding each session's start date.

Taylor Bend Family YMCA
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