

Y-Change

Creating Healthy Habits and Nutritional Goals Every Day

It's TIME

for a
NEW

YOU!



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 HR.)

Tuesdays 10:15 AM **Sep 28 – Nov 2**
30-minute exercise sessions: Mon., Wed. 10:15 AM

Thursdays 10:15 AM **Sep 9 – Oct 14**
30-minute exercise sessions: Mon. 11:30 AM, Fri. 10:30 AM

Saturdays 9:30 AM **Sep 18 – Oct 23**
30-minute exercise sessions: Sat. 10:30 AM (additional options will be provided at first session.)

EVENING SESSIONS (1 HR.)

Mondays 5:15 PM **Sep 27 – Nov 1**
30-minute exercise sessions: Tue., Fri. 5:15 PM

Mondays 6:30 PM **Sep 27 – Nov 1**
30-minute exercise sessions: Tue., Fri. 5:45 PM

Tuesdays 5:15 PM **Sep 14 – Oct 19**
30-minute exercise sessions: Wed. 6:15 PM, Fri. 5:15 PM

Tuesdays 6:30 PM **Sep 14 – Oct 19**
30-minute exercise sessions: Mon., Thu. 6:30 PM

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

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Y-CHANGE II SESSIONS WILL RESUME IN OCTOBER

Y-Change and Y-Change II are 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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YMCA of South Hampton Roads

125 years of service to
our community.
1885-2010