



Lose & Win!



An individual Weight Loss and Nutrition
Program for a healthier YOU!

“Spring into Shape”

Apr 2018

10-15 minute Individual Weekly Meetings by Appointment
with Weigh-ins and Handouts



At Yates Community Center, 463 N. Main St
Penn Yan, Red Brick Building

Apr 10, 17, 24, & May 1 • 4 meetings—\$25*

Complete General Registration Form at Fitness Center Front Desk

* \$25 per month for members, \$35 per month for non-members



Work & Life Skills Training Program
In Partnership with Yates Workforce Development

Sign up at Yates Community Fitness Center 467 North Main Street, Penn Yan, NY 14527

*Front Desk Hours for Sign-up: Mon. thru Thurs. 9am-7pm, Fri. & Sat. 9am-1pm

Questions or Information Call Pam Griffith: 315-694-1071 www.yatescommunitycenter.org