



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL 10 WEEK TRANSFORMATION

BECOME THE HEALTHIER YOU

Get fit, lean and healthy working with experts in fitness and nutrition. This 10-week virtual program will meet you where you are and transform your health from the inside out.

- Pre- and post-body composition measurements and assessment: Weigh-Ins (2), Full Body Measurements (2), Body Fat % Calculations (2), Progress Photos (2)
- Weekly fitness tips and workouts provided by a certified Personal Trainer
- Weekly nutrition tips and recipes provided by Registered Dietitian
- Unlimited email communication with Ruth T. Murillo, the Registered Dietitian
- Private Facebook community page offering support, accountability and motivation
- Weekly challenges to keep you engaged

DATES: Feb 1 - Apr 9

LOCATION: Virtual... join us from wherever you'd like!

COST: \$250 for YMCA Members, \$350 for Non-YMCA Members

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YMCA OF METROPOLITAN FORT WORTH | ymcafw.org | 817-335-9622