



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUMPSTART YOUR WELLNESS



9 WEEK WELLNESS PROGRAM

Personal Training, Classes and Support

DOWNTOWN Y

JUMPSTART is a new approach to wellness that involves specialized classes, personal training sessions and lots of support! This program is led by students in the Masters' Program for Sports & Exercise Science at Gannon University – both with a Bachelor's Degree in Sports & Exercise Science.

9 Weeks of JUMPSTART includes:

- 2 Personal Training Sessions/Week
- 1 Group Exercise Class of your choice per week – attended with your PT.
- Wellness Support & Nutritional Guidance

Program Begins the week of September 24th and will run through December 8th, 2018.

Members: \$25.00 – Register at the Membership Desk or online at:

<https://www.ymcaerie.org/programs/#/programs/>

For More Information, Contact Monica Olesnanik at 452-3261 x283 or
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