

NEW YEAR BEST YOU!



COMPLETE FITNESS AND NUTRITIONAL COACHING PROGRAM TRI-COUNTY YMCA

New Year, Best You is the complete package that includes one group training and nutritional coaching session per week for 8 weeks with Certified Personal Trainer and Nutritionist Jenny Hilsmeier. No matter your goal, this program will meet you where you are! You'll walk out of this program more confident and equipped with the tools required for lasting lifestyle change! This program is for you if:

- You want to achieve weight loss, maintain weight, or build muscle.
- You want to make mindset shifts that will help improve all areas of your life
- You want to learn sustainable ways that fit your lifestyle to meet your goals
- You want to learn how to incorporate weight training and cardio into your routine
- You want to learn healthy recipes and swaps, how to navigate out to eat meals, and feel more confident with food selection and meal planning.
- You're committed to putting forth the effort and consistency for 8 weeks to become the best version of YOU!

*Participants will receive a personalized workout, access to a private facebook page, weekly challenges, and weight and measurements throughout the program.

WHEN:	January 10th— March 7th
DAY/TIME:	Tuesdays 5:15 pm—6:15 pm
LOCATION:	TRI-COUNTY YMCA
COST:	\$50 FOR MEMBERS, \$65 FOR PROGRAM PARTICIPANTS

*****Deadline to sign up is January 3rd*****

Please sign up early to guarantee a spot. There is a limit and spots fill up quickly.

Contact Jenny at 812-367-2323 or jenny@tricountymca.org with questions.