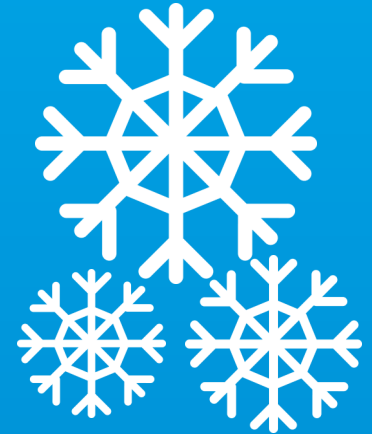




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SNOWY SLIM DOWN



Winter Fitness Challenge

GREATER SCRANTON YMCA

The Greater Scranton YMCA is here to help you reach your health and wellness goals in the new year! Join the Snowy Slim Down Challenge & track your exercise for a chance to win! Each exercise you track will give you tickets to enter the grand prize drawing for a Fitbit Charge 3 HR! The more you exercise...the more chances you have to win!

Participants must register at the Welcome Center Desk.
Grand Prize drawing will be held Monday, March 25th!

Group Exercise Classes

- Attend any instructor led class (cycling, land or aquatic).
- Each class will be worth 1 tickets.
- Instructors or Lifeguards will hand out tickets at end of each class.

Strength Training

- Men bench press body weight
- Women bench press 1/2 body weight
- See Brandon Whipple for official judging
- Each 3-5 bench presses earns 2 tickets

Cardio Training

- Spend 45 minutes in Wellness Center
- Sign in and out with wellness staff
- Every 45 minutes earns 1 ticket

