

TURN YOUR RESOLUTIONS INTO **RESULTS!**



12 WEEK WEIGHTLOSS CHALLENGE

STARTS 1ST FEB 2010

REGISTER NOW!!

3820 5300

- 2 x 60min Group Training Sessions per week
- Full access to Fitness Centre, Group Fitness Classes and Pools
- Motivated trainers to help you reach your goals
- 12 week healthy eating plan
- Ongoing nutritional support
- Exercise with like minded people



REDLANDS YMCA

**Sports, Aquatic and Community Centre
128 Link Rd, Victoria Pt., 4165**

CHOOSE AFFORDABLE FITNESS AT YOUR LOCAL YMCA