



Represent your home team, your alma mater, or your favorite mascot! It doesn't matter who you cheer for, just get in the game!

What: The YFL Fitness Challenge, an opportunity for all participants to increase their fitness level and have fun! Grab 4 friends to make a team and commit to exercise for 8 weeks.

When: Register NOW through Sept. 20th. The Challenge Runs Sept. 21 thru Nov. 13th.

How it works: You may register as a team member or a team captain. Cost is \$5 a person, Then log your exercise with the wellness department each of the eight weeks of the program. At the end of the first 6 weeks the top 4 teams play head to head to see who will play for the National Championship

\$5 per player or \$20 per team.

All players get a t-shirt for completing the challenge.

Winning team earns bragging rights and the inaugural Championship trophy.



The mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

www.vfymca.org

