



## Twelve Weeks to a New You!

At the YMCA we have a 12 week Fitness Program. This program is aimed at helping our members get back into working out and introducing those who are new to exercising and how to do it properly. We will show you how to use all of our equipment (Nautilus and Cardio) and as you progress, show you some different types of workouts to keep you interested and coming back for more.

Initially in the first month, we will establish a baseline (starting point) to acclimate the body to exercising. This will be done thru conditioning the cardiovascular system then adding in some strength training later. We will also be creating goals and developing strategies to hopefully meet these goals.

The two following months, we will devise workouts to challenge your body and give motivation along the way. At the end of each month, there will be a meeting with all participants to see how everything is going.

All you have to do to take part in this very fun and motivating program is sign-up at the front desk. The program starts when you make your first appointment with our Fitness Director, Wes Spivey. This program is too good to pass up – essentially it is one free personal training session each month for 3 months.

For any questions, please contact Wes Spivey at 434-792-0621 or via email at [wes.spivey@gamewood.net](mailto:wes.spivey@gamewood.net).