



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## FREE Hanover Area YMCA Kick Start Exercise Program

This **FREE** program will be offered to all new and existing members that are seeking some guidance with their exercise routine and or would like to start a healthy eating plan. The Health and Wellness Director or a trained Wellness Coach will be available to meet with anyone looking for guidance in losing weight, gaining muscle mass, toning, and /or becoming a health seeker.

The Health and Wellness Staff will also be able to calculate your weight, BMI and body fat percentage as well as help you set fitness goals.

### **Dates and Times:**

#### Hanover

M-W-F: 8:30-11:30am

M-T: 5-8:30pm

#### Littlestown

M-Wed: 6-8pm

#### South Hanover

M-Wed: 6-8pm

**\*\*\*Please contact a Wellness Coach during these hours and we will be happy to get you started.** Anyone with question or would like to schedule an appointment outside of the times listed above, please contact Health and Wellness Director, Cory Conrad at [cconrad@hanoverymca.org](mailto:cconrad@hanoverymca.org)\*\*\*

**[www.hanoverymca.org](http://www.hanoverymca.org)**

Hanover Area YMCA  
500 George St  
Hanover, PA 17331  
717-632-8211

South Hanover YMCA  
1013 Baltimore St  
Hanover, PA 17331  
717-632-0294

Littlestown YMCA  
95 Keystone Street  
Littlestown, PA 17340  
717-359-9733