



# Slim Down

## “MY HEALTHY BODY IN PROGRESS.”



12 Week Nutrition and Training Program to get you ready  
for Summer

- ✧ Training focused to help participants with weight loss and overall muscle toning
  - ✧ Weekly Weigh-ins
  - ✧ Before and After measurements and pictures

- ✧ Dietary workshop (1 hour weekly)
  - ✧ Weekly Workout Plans
  - ✧ 1-30 Minute workout session with a Certified Personal Trainer



- ✧ Program Start Date: April 4<sup>th</sup> 6pm – 7pm (12 Tuesdays, Nutrition)
- ✧ Training Date: 6:30pm (12 Thursdays, Workout)

- ✧ Program Cost: \$150/12 weeks (Member/Non-Member Price)
  - ✧ Held at North Hanover location only

Questions?

Contact Dana Alexander

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Space is limited

Maximum participants 15