

Kick-Off Event Schedule

Saturday, June 6th, 2009

Weigh In Opens

8:00am – 11am

The weigh in will take place in the YMCA's new Conference Room. You will weigh in at the station that has been designated for your team and receive your pound plunge packet with information that may help you on your journey to a healthy lifestyle. Get a tour of the facility and start your workout with help from the fitness staff once you have been weighed in.

Fitness Center and Pools Open

8:00 am – 11am

Our staff awaits you on the floor of our new Fitness Center. Get moving on a treadmill, bike or elliptical machine... or maybe try out that great new circuit training system.

Pool Lobby Stations Open

8:00am – 11:00am

Check out a nutrition presentation about cooking with herbs from your garden provided by Joan Trimble, in addition to information offered from Body Sense Day Spa, and USA Kung Fu.

Guest Speaker

8:45am – 10am

Join the YMCA Health and Fitness Staff as we welcome special guest, Jay Kruger from the Biggest Loser. Jay is going to share his weight loss story as well as answer your questions.

Boot Camp Class

10:15am – 11am

Get ready to take some orders as Mary Lou Martin whips you into shape in this class guaranteed to burn those calories and get your heart rate up!

Program Ends

11:00am

We look forward to seeing you on Wednesday for a great night of working out at the YMCA. Don't forget to eat right and try another activity this week!