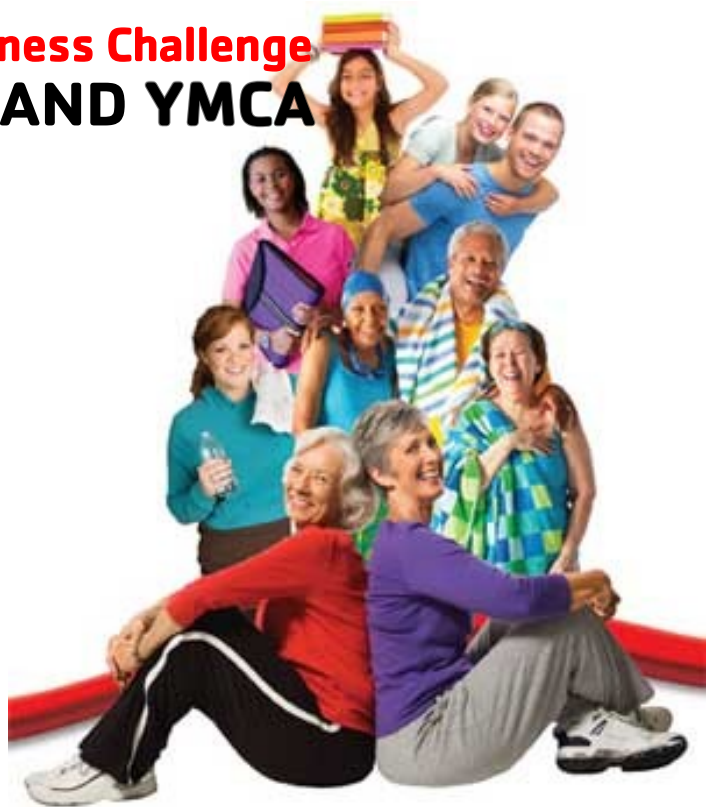




FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FREE HOLIDAY CHALLENGE

**Community and Member Fitness Challenge**  
**BOONSLICK HEARTLAND YMCA**



## **CHALLENGE FREE TO MEMBERS AND NON MEMBERS!**

Volunteer yourself to be a part of the BHYMCA'S Holiday Fitness Challenge (anytime before November 25th). It's our 6-week program that begins Thanksgiving week and ends January 5th. Individuals and non members need to sign up through the Y, report your progress to our wellness or front desk staff. Return your completed challenge form at the end of the six weeks, to get your free t-shirt and for your chance to win a random prize drawing.

For more information 660-882-8500 or [vdorman@boonslickheartlandymca.org](mailto:vdorman@boonslickheartlandymca.org)

