



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHRED: Fall 2019



September 9th– Oct. 20th
Eastern Lycoming YMCA

Fees: \$45(Members)

\$75 (Non-Members)

Register at front desk

rvymca.org/eastern-lycoming

Receive 6 weeks of workouts and nutrition.

Be the best you. Includes an all access pass to EL YMCA all 6 weeks

Private Facebook page for QA workout demos support

No more excuses. No more wasted time.