



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LET'S GET FIT TOGETHER



SHRED: 2.0 Re-release

September 24th– December 15th

Eastern Lycoming YMCA

Fees: \$75 (Members)

\$100 (Non-Members)

Register at front desk

Receive 12 weeks of workouts and nutrition.

Be the best you. Includes an all access pass to EL YMCA all 90 days

Private Facebook page for QA workout demos support

No excuses. No wasted time.

vrymca.org/eastern-lycoming