LOSE WEIGHT & WIN CONFIDENCE

Lose it Challenge
MUKWONAGO YMCA

Join us for eight weeks of intense workouts that will jumpstart your fitness routine! Our Fitness Coaches will motivate you through a variety of workouts that will expand your level of fitness and encourage healthy behaviors to help you achieve overall wellness.

For optimal performance results, participants are required to attend one team workout per week. Before and after pictures will be taken, weekly weigh-ins will be recorded, and fitness testing will help monitor progress.

After eight weeks, the male and female participants with the greatest weight loss and percentage of body fat loss will be awarded a prize!

Mandatory Meeting
Sat, Jan 25 | 8:15-9:00 AM
All participants must attend our team meeting for an introduction to the program, before pictures, paperwork, and InBody composition testing. See rules prior to registration.

January 27 - March 21

Time Slots:
- Mondays from 6:15-7:15 PM with Sue
- Tuesdays from 5:15-6:15 PM with Corey Beth
- Thursdays from 5:30-6:30 PM with Norma
- Sundays from 9:15-10:15 AM with Anne

Maximum of 12 participants per team.

Ages 18 & Up: $75/Member
Registration starts Monday, January 13 at 8:00 AM. Please read rules before registering.

Questions? Nicki Kolinske, Fitness Director
262-363-7922 | nkolinske@gwcymca.org
LOSE IT CHALLENGE

Rules & Information
The Lose It Challenge is an eight-week intensive program designed for people who want to challenge themselves mentally and physically. This program is not recommended for those who are new to exercise.

If you will miss more than one weekly workout or are unable to attend the mandatory team meeting, we recommend that you do not register for this program. There will be no refunds after registration.

The program is not recommended if you have had a recent surgery, are pregnant, have heart problems or other medical concerns.

WEEKLY TEAM WORKOUTS
• Each participant is required to attend one team workout each week.
• Participants cannot switch time slots once the program has started.
• Participants may attend another team’s workout one time during the eight-week program due to a schedule conflict or sickness. Coaches must be notified ahead of time.

EXPECTATIONS
• Continue physical activity and healthy eating outside of weekly team workouts.
• Come to each weekly workout on time with water and dressed in proper attire.
• Be prepared to stay for 10 minutes after each class for weigh in.
• Check email each week for wellness homework and team progress reports.
• Workouts may be held outdoors to incorporate the terrain and elements to workouts.

MONITORING PROGRESS
Participants will complete three different fitness tests as a measurement of their current fitness level during weeks one and eight. These include a one-mile run, pushup test, and sit-up test.

InBody 270 Information
The InBody 270 body composition test takes approximately two minutes. Each participant will take the test during the mandatory team meeting and again at the end of the eight weeks. The InBody 270 provides a quick, easy, and non-invasive body analysis that provides essential data for any weight loss and fitness program. After your body composition quick analysis, you will receive a print out of your measurements including:

- Basal metabolic rate
- Body fat mass
- Body mass index
- Dry lean mass
- Lean body mass
- Total body water
- Total weight
- Segmental lean-analysis
- Skeletal muscle mass

For most accurate results, avoid the following:
• Exercising 6 hours prior
• Eating 2-3 hours prior
• Consuming alcohol or caffeine 24 hours prior
• Using a hot shower or sauna before testing

Prior to testing, please:
• Hydrate well
• Use the bathroom
• Remove socks, heavy clothing, and metal objects

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