



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Team Challenge is an amazing team-training experience right at your YMCA.

It's not just about weight loss; we are changing lives, no matter what your goal might be.

Sign up for a team today and get ready to change your lives together.

ACHIEVE YOUR BEST WITH FRIENDS

TEAM CHALLENGE

AUGUST 16 - SEPTEMBER 28

ymca.org/tobywells

TEAM CHALLENGE

Team Challenge was created to help you live a healthy life. Which means moving more and eating more healthfully. Team Challenge is a team training program that works for any goal. Managing weight is just one part of the picture; we want to focus more broadly to help you be your best. Each week, you can earn points for yourself and your team by working out and practicing healthy living.

DATES TO REMEMBER:

Pre InBody Day

August 16 • Toby Wells

Orientation/Boot Camp

August 17 • 8 a.m. • Toby Wells

Boot Camp/Nutrition Info. Session

August 31 & September 14 • 8 a.m. • Toby Wells

Post InBody Day

September 27 • Toby Wells

Finale/Boot Camp

September 28 • 8 a.m. • Toby Wells

TOBY WELLS TRAINER TIMES

M/F	7 a.m.	Antonio
M/W	10 a.m.	Emily
T/Th	1 p.m.	Erika B.
M/F	9:30 a.m.	Kelly
T/Th	3:30 p.m.	Kelly
T/Th	8:30 a.m.	Joanie
W/F	8 a.m.	Joanie
T/Th	11 a.m.	Erica C.

TEAM CHALLENGE TOOLS FOR SUCCESS:

- 12 team workouts with a personal trainer
- Weekly nutrition & wellness tips delivered by email to help you live healthier on your schedule.
- Four weekend boot camp workouts led by personal trainers
- Free pass for a bonus GRAVITY workout
- Highlighted workouts of the week
- Progress assessments at kick off & finale
- Up to six people per team
- Accountability through point system
- Opportunities for prizes!

REGISTRATION:

Sign up for a team at the Welcome Center or online.

Deadline to register: Thursday, August 15

Orientation/Boot Camp:

Saturday, August 17, 8 a.m.

FEEES:

Member	\$256
Participant	\$340

For more information:

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