

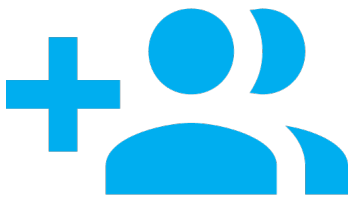


NEW!

1-ON-1 SMART START COACHING

Get started right at the Y.

Starting Dec. 11th, new members will be enrolled in our 1-on-1 Smart Start Coaching program to help get connected and stay connected here at the Y.



STEP 1:
Sign up for a
membership



STEP 2:
Get (3) 1-on-1
coaching sessions



STEP 3:
Stay on Track

WHAT YOU'LL GET

- ✓ Fitness assessment
- ✓ Fitness floor orientation
- ✓ Goal setting and review
- ✓ Next steps and game plan
- ✓ Connect with staff
- ✓ Basic health discussion