

Calendar of Weekly Events and Weigh-in times for The YMCA "Y Lose It" Contest

One Group Fitness Pass will be given to you at your first weigh-in. This pass will give you access to twelve fitness classes and is good for the duration of the Y Lose It Contest. You may purchase additional passes for \$12 at the Welcome Desk.

Initial Weigh-In: Monday, March 5

5:15 – 7:15 am

11:30 – 1:30 pm

5:30 – 7:30 pm

(Location: YMCA Trainer Office/Health and Wellness Center)

Week 1: Health and Wellness Center Orientations

(No bonus pounds earned for attending an orientation)

(Location: YMCA Health and Wellness Center)

Let one of our contest coordinators guide you through the fitness equipment in our lower level and give you the instruction you will need to give yourself a safe and effective workout.

Group Sessions (Please sign up on sheet provided at registration)

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Trainer</u>
Wednesday	March 7	12:00-1:00 pm	Sandy Robertson
Thursday	March 8	7:00 – 8:00 pm	Wendy McGath
Friday	March 9	11:00-12:00 pm	Sandy Robertson
Saturday	March 10	1:00 – 2:00 pm	Wendy McGath

Week 2: "Y" Do I Need a Personal Trainer?

Wednesday, March 14th

12:30 – 1:00 or 7:00-7:30 pm

(Location: YMCA Lobby)

Come and hear about the personal training services that the YMCA has to offer. Also, get a chance to learn more about our personal training staff: their background, fitness philosophies, and just what they could do for you. Earn ¼ bonus pound just for attending; chance at winning 1 free hour of Personal Training services.

- **Week 2 weigh-in: Wednesday, March 14th**
12:00 – 12:30 PM or 6:30–7:00 pm
(Location: YMCA Trainer Office/Health and Wellness Center)

Week 3: : Myths, Mysteries, and Misconceptions of your Mass:

Deciphering BMI, Body Fat, & Waist Circumference

Wednesday, March 21st

12:30- 1:00pm or 7:00-7:30 pm

(Location: YMCA Lobby)

Sandy Robertson and Wendy McGath, "Y Lose It" coordinators, will give you the "skinny" on often confusing methods for determining healthy body weight and body fat. All attendees will receive a coupon for a free body composition evaluation.

- **Week 3 weigh-in: Wednesday, March 21st**
12:00-12:30 pm or 6:30-7:00 pm
(Location: YMCA Trainer Office/Health and Wellness Center)

Week 4: Healthy Nutrition

Friday, March 30th 1:00-2:00 pm

(Location: HCC Community Service Building, Building R, South Lobby)

Shopping tips, healthy food exchanges, and healthier food preparation ideas will be explored. In addition, taste some yummy samples prepared in front of you by our presenter, *Barb Curry, University of Illinois Stephenson County Extension.*

*Tasty, healthy treats and ¼ bonus pound, you can't beat it!

- **Week 4 weigh-in: Friday, March 30th 12:15 – 12:45 pm**
(Location: YMCA Trainer Office/Health and Wellness Center)

Week 5: Cardio Challenge

Thursday, April 5th

7:00-8:00 pm

(Location: YMCA Health and Wellness Center)

At this challenge you will learn what your ideal cardio training zone is. You will then be given the opportunity to train in your "zone". You will earn ¼ bonus pound for just showing up. Complete the challenge and earn the chance for 1 full bonus pound!

- **Week 5 weigh-in: Thursday, April 5th 6:30-7:00 pm**
(Location: YMCA Trainer Office/Health and Wellness Center)

Week 6: Reduce Stress for Better Health

Wednesday, April 11th 12 – 12:30 pm

Location: YMCA Multi-Purpose Room

We're halfway through our Y Lose It Contest. Hopefully your journey has been successful and rewarding. Remember, weight loss is a tool towards achieving optimum health and fitness. Sometimes, daily stress can be an obstacle to that end. Come to this program and allow Kathy to offer you strategies to combat the effects of our daily stressors; including breathing techniques, and flexibility exercises. Take time to relax your mind, body, and soul. Don't forget, earn ¼ bonus pound for attending.

Presented by: Kathy Eden, YMCA Stretch Instructor

- **Week 6 weigh-in: Wednesday, April 11th 12:30-1:00 pm**
(Location: YMCA Trainer Office/Health and Wellness Center)

Week 7: YMCA Group Fitness Week

(No bonus pounds earned for attending fitness classes)

If you haven't yet tried a fitness class at the YMCA, now is your chance!

Looking for cardio? Try Zumba with Tina, or any of our Spin Cycling classes.

Need some overall toning? Total Body Conditioning is your answer.

Trying to target that core? How about Pilates!

Try one of our water classes to benefit from water's natural resistance. Maybe balance, flexibility and strength gains, and stress reduction is what you search for, then you've found it with our Stretch or Yoga classes.

Try any of the fitness classes offered during this special week at no additional cost.

(please note: group cycling classes give priority to registered participants)

Remember, if you would like to participate in YMCA Group Fitness classes during the other eight weeks of the Y Lose It Contest, you may use your one free Group Fitness Pass and purchase additional Group Fitness Passes for \$12.00.

- **Week 8 weigh-in: Thursday, April 19th**
12:00-12:30pm & 6:00-6:30pm
(Location: YMCA Trainer Office/Health and Wellness Center)

Week 8: Eat Right – Lose Weight

Thursday, April 26th 11:30-12:00 pm & 6:00-6:30 pm

(Location: YMCA Multi-Purpose Room)

Come to the Y and hear about ideas on food choices, calorie counting, and portion control. Janice Weber, formerly with Weight Watchers, will show you how small changes in our daily eating habits can make big changes for our weight loss goals. Earn $\frac{1}{4}$ bonus pound for listening and learning; turn in your food journal with at least 5 weeks completed and be eligible for $\frac{1}{2}$ bonus pound.

- Week 7 weigh-in: Thursday, April 26
11:00-11:30 am & 6:30-7:00 pm
(Location: YMCA Trainer Office/Health and Wellness Center)
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Week 9:

Strength Challenge

Wednesday, May 2nd

12:00-1:00 pm or 6:00-7:00 pm

(Location: YMCA Health and Wellness Center)

Similar to the Cardio Challenge, each participant will receive $\frac{1}{4}$ bonus pounds just for showing up! The purpose of this challenge will be testing your abdominal and upper body strength through push-ups and crunches. Do as many as you can and there will be a winner for each of the two challenges. Each challenge winner will receive 1 bonus pound (off) at the final weigh-in.

- Week 9 weigh-in: Wednesday, May 2nd
11:30-12:00 pm & 5:30-6:00pm
(Location: YMCA Trainer Office/Health and Wellness Center)

Week 10: LAST CHANCE WORKOUT!

Wednesday, May 9th

12:00-1:00 pm or 7:00-8:00 pm

(Location: YMCA Health and Wellness Center)

Join us for the last week of our contest and burn off those lingering calories with an hour of station training by program coordinators. There will be cardio training, core work, strength training and more! Earn ¼ bonus pound just for participating, but more importantly, blast those stubborn pounds away!

- **Week 10 weigh-in: Wednesday, May 9**
11:30 – 12:00 PM or 6:30-7:00 pm
(Location: YMCA Trainer Office/Health and Wellness Center)

Final Weigh-In: Monday, May 14th

5:15 – 7:15 am

11:30 – 1:30 pm

5:30 – 7:30 pm

(Location: YMCA Trainer Office/Health and Wellness Center)

YMCA Losers are Winners Awards Presentation

Celebration: Wednesday, May 16

7:00 – 7:30 pm

(YMCA Lobby)

Questions? Please call:

Y Lose It 2012 Coordinators:

Wendy McGath, wmcgath64@yahoo.com, 815 323 0090

Sandy Robertson, Sandy.Robertson@hotmail.com, 815 656 4571

If you cannot make it to the scheduled weekly weigh-ins,
please contact Wendy or Sandy to come in at a different time to weigh-in
and track your progress.