



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DASHING ALL THE WEIGHT

November 22, 2021-  
January 3, 2022

**EAT SMART, MOVE MORE...  
DON'T GAIN, MAINTAIN!**



Starting November 22<sup>nd</sup> weigh in  
and record your weight.

Work out as much as you want any *"weigh"* you want.  
Each Monday weigh in using scale outside the Fitness Office.

Each person who maintains or loses weight during the  
whole 7 weeks, will be entered into a drawing.

**Open to Y-Members only.**

**Fee: \$5.00 (if registered after Nov. 29<sup>th</sup> fee is \$10)**

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