



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# THE REAL YOU

## WEIGHT LOSS PROGRAM



Are those extra pounds hiding the real you? If so, you'll want to hear about the YMCA's Real You Weight Loss Program! It's the only large-scale program of its kind, and it's exclusive at the Y. Our current participants have lost over 400 pounds in just 10 months.

### With The Real You, you get 8 weeks of:

- Nutritional coaching
- Daily food and activity monitoring online
- Weekly weigh-ins and monthly measurements
- 2 group workouts per week plus homework activity
- Group support
- Individual, personal attention.

### The Real You is priced at a great value:

**Plus Members:** \$125 for 8 weeks

**Members:** \$145 for 8 weeks

**Program Members:** \$215 for 8 weeks

**Visit [ClevelandYMCA.org](http://ClevelandYMCA.org) to register today.**

## NEW SESSIONS BEGIN JUNE 1ST!

Class Days/Times

Mondays & Wednesdays

6:00pm-7:00pm#

## FOR MORE INFORMATION

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