



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LET'S GET VIRTUAL

Suffolk Public Schools Traveling Y

Challenge the school year, stay engaged with your health and wellness, reach new fitness goals at home. The Traveling Y Virtual Fitness Program will focus on specific goals whether it's weight loss, total body conditioning or overall health. This program comes with 12 weeks of daily workouts and fitness plans, weekly trainer-led virtual workouts, access to an online Facebook support group, weekly email checkups, weekly challenges, and goal settings with daily workout options based on equipment.



**New session
kicks off Sep 21**

**12 weeks of support
and camaraderie**

Enroll Today!

SUFFOLK FAMILY YMCA

2769 Godwin Blvd, Suffolk, VA 23434

W ymcashr.org P (757) 934-9622