San Gabriel Valley YMCA

Free for Members!

Lose Weight & Become Healthier!

Times: Tuesdays
6:00pm—7:30

Location:
412 E. Rowland Ave.
Covina, CA 91723

Fee:
YMCA Members: Free

Non-Members: $20.00

Includes an 8-week Guest Pass to the YMCA

Sign up now for this life changing program!
Program Date: Aug 3—Sept. 21

With the help of the expert YMCA Wellness Staff & Nutrishop Weight Loss Superstores of Glendora, we are dedicated to educating the community about a healthier and happier lifestyle that anyone can obtain.

This 8 week program is being offered at the San Gabriel Valley YMCA Wellness Center and will incorporate the fundamentals about exercise, diet, and healthy living to help you get on track and stay on track. The programs main objective is to help participants achieve their weight loss goals which will make them feel better about themselves and be happy successful individuals.

Financial Assistance is available in all YMCA programs for those who qualify

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412 E. Rowland Ave.
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Phone: 626-339-6221
Fax: 626-339-4594

WEB: WWW.SGVYMCA.ORG

Other YMCA Opportunities

- Family and Individual Memberships
- Summer Camps
- Preschool and School-Age Childcare
- Swim Lessons
- Water Aerobics
- Youth Basketball
- Preschool Sports Programs

*Featured above is the Weight Loss class Instructor, Juanita.