

# Forget the diet...

## *Live the lifestyle.*



Register Now for the

**YWCA**  
*New You*

**P R O G R A M**

Specifically for Women

- 10-week program • All ages • All fitness levels
- Healthy, well balanced weight management system
- Personalized fitness classes



**Flexible class times!**

Wednesdays: 5:30-7:00pm • Fridays: 9:30-11:00am • Saturdays: 8:00-9:30am

Session Begins January 9, 2008 • FREE GIFT to first 15 registrants!

**\$300\* per 10-week session**

\*Cost includes The Transitions™ Lifestyle System (\$150 value) and 20 WOW fitness classes (\$150 value). Components cannot be taken individually.

**To register, call Kay at 432-5581**

eliminating racism  
empowering women

**ywca**

YWCA of Green Bay-De Pere  
230 S. Madison St. • Green Bay  
(920) 432-5581