



# IT'S ALL ABOUT YOU!

## RESOLUTION RELAY 2018

"You yourself, as much as anybody in the entire universe deserves your love and affection" ~ Buddha

### JANUARY 8 – FEBRUARY 6

Free to all members  
Call or visit the Y Member Service Desk to sign up!

Join a free motivational and accountability program to help meet your health and wellness goals for the New Year and for LIFE!

- Weekly Workouts
- Motivational Tips

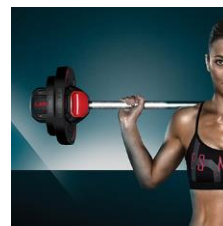


### GROUP EX MAKEOVER! EASY. STRONG. READY

BRAND NEW Les Mills group ex equipment, make sure you get your chance to experience our all new gear!

### TAKE ADVANTAGE OF OUR STATE OF THE ART EQUIPMENT

Try the science-based **Sprint 8® cardio workout program** featured on our **Matrix** equipment. This program has proven to burn more fat, build more muscle and develop greater fitness in just 20 minutes, three times per week. **Commit one hour a week and get the results you have been waiting for!**



# WELCOME to Resolution Relay 2018!

**STEP 1: ENGAGE** by registering at the Y Member Service Desk, or call (508) 696-7171 ext.0

## STEP 2: COMMIT

We have created several ways to encourage you to accomplish your health and wellness resolution goals. Trying something new can create a holistic routine and keep your fitness fresh. **Points will be earned the following ways:**

- **Personal Workouts (10 points):** If you are feeling inspired, complete a personal workout of your choice at the Y in the Health & Wellness Center or the Pool. *Earn 1 sticker for each hour you complete of a personal workout.*
- **Suggested Weekly Wellness Workouts (10 points):** To help keep you inspired, we will provide you each week with a variety of sample workouts for all fitness levels (beginner, intermediate, advanced), including Cardio, Strength Machines, Total Body Blast, Free Weights, Core, and Stretching! Available in our Wellness Center and in Resolution Relay weekly emails. *Earn 1 sticker for each hour you complete of any combination of one or more suggested exercises. Does not count as a "Personal Workout" listed above.*
- **Group Exercise Classes (10 points):** Earn points for taking your favorite class, or try a new one; check our group exercise schedule for an entire listing of our 70+ fitness classes offered each week! *Earn 1 sticker for each group exercise class you attend.*
- **Personal Training (10 points):** Having a personal trainer can keep you motivated, rehabilitated, and your fitness regimen interesting. *Earn 1 sticker for each workout session you complete with any one of our Certified Personal Trainers.*
- **Suggested Weekly Aquatic Workouts & Aqua Aerobics Classes (10 points):** Check the Aquatic Center and weekly emails for suggested aqua workouts for all fitness levels. *Completing any combination of one or more suggested aqua workouts qualifies you for 1 sticker. Earn 1 sticker for each aqua class you attend!*

## STEP 3: KEEP TRACK

**Hold yourself accountable and watch your progress grow**

Visit our Member Service Desk after each workout to request the sticker(s) that correspond to your completed workouts. Place your sticker(s) under the corresponding date on the large bulletin board in the Y Main Hallway.

## STEP 4: REWARD YOURSELF! Announced February 8<sup>th</sup>

Resolution Relay Awards will be awarded for:

- 1) **NEW!!!! ALL Resolution Relay participants will be entered in a drawing to win our grand prize of \$125 Y of MV gift certificate!**
- 2) Top 3 individuals with highest overall scores;
- 3) Top individual in each of the following categories:
  - Group Exercise MVP
  - Aqua MVP
  - Suggested workout MVP
  - Senior (over 62) MVP
  - Teen (under 20) MVP

**STEP 5: STAY MOTIVATED** with your favorite workouts and live the lifestyle not the resolution!