



March 9 – May 18

Lean Team

SLIMMER BY SUMMER

Challenge

Grab a
partner &
make a team
name!



Initial Weigh-in:
Mon. March 9
7 to 9 a.m. or
6 to 7 p.m.



Private Facebook Group
& Text Groups for
reminders and
motivation!



Weekly Partner
Challenges

Three bonus challenges revealed each
week to keep you motivated with chances
to win prizes every two weeks!



Weekly Individual
Challenges

Bi-Weekly weigh-ins with prizes
for the top team's highest
percentage of weight loss.



Grand Prize Winners:
Team with the highest
percentage of weight
loss wins \$200 plus a
curated dinner for two
at Balance Restaurant!

Register here:



Members: \$30; Non-members: \$160 – Non-member pricing includes full access to the YMCA from March 9 – May 18. Become a member at the end of Lean Team and we'll waive your join fee!

GREATER JOHNSTOWN COMMUNITY YMCA | 100 Haynes Street, Johnstown, PA 15901 | 814.535.8381 | www.johnstownpaymca.org