

Randolph-Asheboro YMCA

Body-4-Life

12 Week Fitness and Weight-Loss Challenge

January 9th – March 28th

The Challenge...

- * Lose Weight, Gain Muscle, Improve Flexibility and Strength
- *Lower Blood Pressure, Cholesterol, A1C
- *Learn How to Take Control of Your Health
- *Improve Your Quality of Life
- *Learn How to Use Food as Fuel to Maintain Your Weight-Loss

Member Benefits:

- *Weekly Meal Plans/Menus
- *Recipes and Shopping Lists
- *Weekly Health and Wellness Lessons
- *Supervised Weight-Loss
- *Group and Individual Personal Training
- *Phone/Email Support

Body-4-Life Schedule

Monday: 6:30-8:00 pm

Wednesday: 6:30-8:30 pm

More Information...

Jarod Cruthis, MA, Ed.D. CPT

336-460-6333
onerelevantlife@gmail.com

Dr. Jarod Cruthis currently holds a Master's degree in Counseling/Human Services, a PhD in Education, and is a doctoral candidate in the field of Naturopathy/Health & Wellness and Clinical Psychology. He specializes in herbal supplementation, diet/nutrition, and personal meal planning.

Body-4-Life Express

Monday & Wednesday 8:15-9:00 am

Need a more compact "express" version of the 12 – Week Challenge? Then try our **Body-4-Life Express** program.

This day-time only program offers the same great program without the group fitness classes. With instructor guidance, this class offers the flexibility to choose your own workout and fitness plan to compliment your weight-loss journey!

For more information on the express program, contact:

Rebecca Elkin
rebeccalynnelkin@gmail.com

Rebecca has a Bachelor's of Science in Public Health education and is a Certified Health Education Specialist with a passion for helping others reach optimal health.

Body-4-Life Program Fees:

YMCA Members - \$25.00 (one-time fee)

Non-YMCA Members -\$150.00 (one-time fee which includes a 3-month no obligation YMCA membership!)

Register at the front desk of the YMCA.

"Isn't it time for you to change your body for life?"