



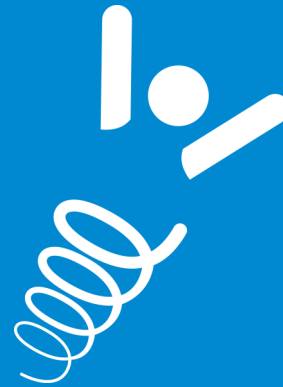
RENEW RECHARGE RESET

February 1 - March 14, 2021

DETAILS

- **FREE**, 6-week challenge. Exercise 150 minutes per week!
- 3 informative and motivational emails/texts sent to you weekly
- Access to in-person and virtual support and resources from the YMCA for members and otherwise
- All participants receive a **FREE** FitKit (printable planning calendar and resistance band) and Y members get a **FREE** t-shirt!
- Community members who complete the program may become YMCA members **WITHOUT** paying joining fee and can visit the Y once a week for **FREE** during the challenge!
- Email jkirkenir@yorkcoymca.org for sponsorship opportunities!

Go to www.stronglife.org or text RESET2021 to 474747 to learn more and register for free TODAY!



WHO CAN JOIN?

- Those who want to improve health and wellness
- Ages 4 and over
- YMCA Members
- Community Members

HOW DO I PARTICIPATE?

Complete anywhere! Whether you are at home, outdoors, at the YMCA, at work, while traveling



Grow in spirit, mind, and body!

Be a part of the YMCA community!

Learn healthy lifestyles for you and your family!

TWO COUNTIES. ONE MISSION.



Membership Benefits for York and Lancaster's YMCAs YMCA OF YORK AND YORK COUNTY & LANCASTER FAMILY YMCA

York and Lancaster are working together to bring the RESET Wellness Challenge and other resources to the community to give everyone in York and Lancaster Counties a chance to live their healthiest lives possible!

YMCA of York and York County

Membership benefits

- 4 convenient branches
- Free weights, machines, and cardio equipment
- Child watch areas
- Indoor pools in Shrewsbury and York City
- Special membership offers
- Free group exercise classes
- Access to YMCA branches in nearby areas
- And more!

Go to www.yorkcoymca.org or contact your local branch to learn more!

Locations

The W. Dale Brougher Foundation YMCA—100 Constitution Ave., Shrewsbury, PA 17361, 717-235-0446

York Branch YMCA—90 North Newberry St., York, PA 17401, 717-843-7883

Bob Hoffman YMCA—1705 Palomino Rd., Dover, PA 17315, 717-292-5622

Eastern Branch YMCA—4075 E. Market St., York, PA 17406, 717-650-1270

Lancaster Family YMCA

Membership Benefits

- 2 convenient branches
- Free weights, machines, and cardio equipment
- Child watch areas
- Indoor pools in both locations
- Special membership offers
- Free group exercise classes
- Access to YMCA branches in nearby areas
- And more!

Go to www.lancasteryymca.org or contact your local branch to learn more!

Locations

City Center YMCA—265 Harrisburg Ave., Lancaster, PA 17603, 717-393-9622

Lampeter-Strasburg YMCA—800 Village Rd., Lancaster, PA 17602, 717-464-4000

A Y membership does good for you and the community! Part of yours dues goes towards life-changing charitable work that empowers people of all ages.