JAN 20 - MAR 31

Begin 2025 Strong

Fill in the corresponding circles to match your completed strength workouts each week. Turn in your completed tracker at the Welcome Center by Monday, March 31 for a chance to win prizes.

WEEK 1 January 20 - January 24 Upper Body Lower Body Core/Pilates Class Upper and Lower Strenath-Focused Group Exercise Class YMCA360 Virtual Class

WEEK 2 January 27 - January 31	
Upper Body	
Lower Body	
Core/Pilates Class	
Upper and Lower	
Strength-Focused Group Exercise Clas	s
Yoga	
YMCA360 Virtual Class)

WEEK 3 February 3 - February 7 Upper Body Lower Body Core/Pilates Class Upper and Lower Strenath-Focused **Group Exercise Class** YMCA360 Virtual Class

WEEK 4 February 10 - February 14 Upper Body Lower Body Core/Pilates Class Upper and Lower Strenath-Focused **Group Exercise Class** Yoga

YMCA360

Virtual Class

THE GOAL

Make strength training a regular part of your routine by completing a minimum of 25 strength training workouts (2-3 workouts per

All participants who successfully complete

the challenge will be entered into a random

week) in the 10 week challenge time.

LUCKY WINNERS!

drawing to win a prize!

WEEK 5 February 17 - February 21
Upper Body
Lower Body
Core/Pilates Class
Upper and Lower
Strength-Focused Group Exercise Class
Yoga
YMCA360

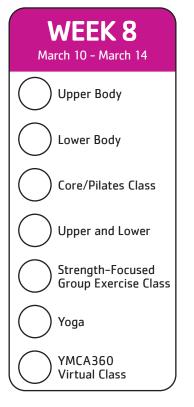


Begin 2025 Strong

Name:

WEEK 6 February 24 - February 28
Upper Body
Lower Body
Core/Pilates Class
Upper and Lower
Strength-Focused Group Exercise Class
Yoga
YMCA360 Virtual Class

WEEK 7 March 3 - March 7 Upper Body Lower Body Core/Pilates Class Upper and Lower Strength-Focused Group Exercise Class Yoga YMCa360 Virtual Class



WEEK 9 March 17 - March 21
Upper Body
Lower Body
Core/Pilates Class
Upper and Lower
Strength-Focused Group Exercise Class
Yoga
YMCA360 Virtual Class

WEEK 10 March 24 - March 28
Upper Body
Lower Body
Core/Pilates Class
Upper and Lower
Strength-Focused Group Exercise Class
Yoga
YMCA360

Virtual Class

STRENGTH TRAINING BENEFITS

- Enhances overall strength, making daily tasks easier.
- Boosts metabolism, improving calorie burn efficiency.
- Reduces abdominal fat and total body fat.
- Helps you appear leaner and more toned.
- Lowers the risk of falls by improving balance and coordination.
- Enhances self-esteem and builds confidence.

- Decreases injury risk by strengthening muscles, tendons, ligaments, and improving joint mobility.
- Supports heart health and aids in managing blood sugar levels.
- Strengthens bones, reducing the risk of osteoporosis.
- Improves mood and reduces stress levels.
- Protects brain health and helps prevent age-related cognitive decline.
- Promotes a higher quality of life by increasing physical and mental resilience.