



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Embrace the challenge! Choose your winter fitness solution.

TOTAL BODY TRANSFORMATION

February 2 - May 3

90 Day Intense Weightlifting Program BOTH YMCA BRANCHES

Join us for this 90 day program with Coach Jim and Coach Jennifer that will completely transform your body. Each participant will receive a comprehensive training and diet program tailored to their needs and bodies. Workouts will be intense and include weight lifting, and HIIT workouts. The Total Body Transformation (TBT) program is designed to change you from the inside out through nutrition and a strategic exercise plan catered to you. Space is limited so register early. Groups will be co-ed. Program is for ages 20+.

TBT Q&A

Wednesday, January 15, 2020
6:30 PM, Downtown Lower Program Center

Thursday, January 16, 2020
6:30 PM, Kerasotes Multi-Purpose Room

- WHEN:** Program starts Sunday, February 2. **Register today!**
- LOCATION:** DOWNTOWN YMCA & KERASOTES YMCA
- COACHES:** Jennifer, Every Saturday at 10:30 a.m. Kerasotes
- Jim, Every Sunday at 2 p.m. Downtown

A special challenge will be held each week with your coach!

CONTACT: Cindy Jordan Association Director of Health & Wellness
217.679.1625 ext. 183
cjordan@springfieldymca.org

- PROGRAM:**
- weekly group session with coach
 - fitness information
 - expert advice weekly
 - nutrition assistance
 - private Facebook group with coach
 - motivation



Coach Jim

Coach Jennifer



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

"It is difficult to sum up how fantastic my experience with the Total Body Transformation program at the YMCA has been. My favorite part is the camaraderie with other participants. A great group of people who push each other to do better during the sessions, via text, and on social media. The group and Coach Jennifer kept us accountable to the program and to ourselves. Jennifer did an amazing job teaching us to pay attention to what we eat and how food affects how we feel and how we recover. Along with the accountability of the group, Jennifer provided feedback on our progress and things we could change to do even better. The combination of proper nutrition, weight lifting, and HIT cardio really did transform my body; making me leaner and stronger. I cannot recommend this program enough. TBT offers accountability and feedback... the two primary ingredients to attaining and maintaining your fitness goals."

- Lynn, Spring 2018 TBT Participant

2020 Total Body Transformation Challenge

The YMCA's Total Body Transformation Challenge is a 90-day intense weight lifting program. The goal of this program is to transform and sculpt participant's bodies and mentally challenge each individual to their limits. The program will be held at both locations! Each team must have 10 registered in each group or they will be combined.

1. The Total Body Transformation Challenge will run February 2- May 3. There will be three groups and weekly meetings.
2. The program is open to individuals who have been cleared by a physician to participate in strenuous activities. Individuals must be injury free. Par Q form (available at www.springfieldymca.org) completed and turned in by January 26.
3. Participants must attend the 6:30 PM informational Q&A held January 15 in the Downtown Lower Program Center and January 16 at the Kerasotes Multi-Purpose Room.
4. All participants will follow the prescribed workouts that are designed exclusively to achieve individual goals. Participants are encouraged to follow their individual workouts to be successful.
5. There are strict nutritional guidelines. Dietary recommendations will be provided based on each participant's current fitness status.
6. Workouts will be intense and will include weight lifting and HIIT workouts.
7. Using the smart phone app myfitnesspal or a personal journal to track nutritional intake and calories is required. Journals must be submitted to your coach weekly.
8. Special incentives may be given during the program for fun by the coaches.
9. A special challenge workout will be held each week with your coach.
10. You select which coach. Coaches are listed on the registration form. No refunds will be given.

REGISTRATION FORM (One form per participant. Must be 20+ to participate)

Name _____ Birth Date _____ Age _____
 Address _____ City _____ Zip _____
 Home Phone # _____ Cell # _____
 Email _____ Emergency Contact _____
 Weight (approx.) _____ Height _____ Primary Branch? ___ Downtown ___ Kerasotes
 Please select your Coach _____

Space is limited. Register Soon:

Member \$172.00 _____ Non-Member Individual \$265.00 _____

Include a Myzone™ Belt to Enhance Your Workout:



Myzone™ Belt (Member) \$80.00 _____ Myzone™ Belt (Non-Member) \$139.00 _____

I would like to make a gift to help a child participate in YMCA programs. I am adding \$_____ to my registration for the YMCA Strong Kids Scholarship Fund. All gifts are tax deductible.

I hereby register for the Total Body Transformation Challenge. I allow the YMCA to seek emergency care for me if required. I also grant the YMCA permission to use photographs of me in promotional materials such as brochures, ads, website or newspaper releases. I will not be informed or reimbursed for such photographs.

Signature _____ Date _____

Office Use Only: SE20 Branch 1 or 2
 Date: _____ Amount: _____ Staff: _____
 Cash ___ Check# _____ Charge # _____