



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# TRANSFORMATION CHALLENGE

Small Group Personal Training that delivers RESULTS !

Win 6 months of FREE MX4 Unlimited Training if you lose the largest percentage of weight during this Ultimate Physique Transformation Challenge !

(Must average 2 trainings per week during the 8 week Challenge)

## MX4 and MX4 PLUS SCHEDULE January 7 – March 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30–6:00am		5:30–6:00am		5:30–6:00am	6:30–7:15am MX4+
12:15–12:45pm		11:45am–12:15pm		6:05–6:50am MX4+	7:30–8:00am
5:00–5:30pm		4:45–5:15pm		12:15–12:45pm	8:15–9:00am MX4+
7:00–7:45pm MX4+				5:00–5:45pm MX4+	

## MX4 PRICING YMCA Members Only (except for drop-in).

6 sessions	12 sessions	Monthly (unlimited)	Drop-in (Y Members)	Drop-in (Gen Public)
\$66	\$108	\$60/mo	\$15	\$20

Pre-registration is required. Please contact the front desk at Ferguson Family YMCA to reserve your spot. Cancellations must be made 30 minutes prior to the workout.

NEED MORE INFORMATION? Contact Eric Gorder at 920 436 9667 or [eric.gorder@greenbayymca.org](mailto:eric.gorder@greenbayymca.org)