



ADVANTAGE POUND EVENTS



ADVANTAGE POUNDS

Advantage Pound events will be throughout the 8-week competition. Each event is worth .25%
The Couch 2 5K is worth 2%.
You can only receive a maximum of 2%.

For every event you attend, you will receive a stamp in your book. Please make sure you receive your stamp and an authorized signature from a YMCA Staff after every event.

CHOLESTEROL SCREENING #1

Value = .25%

January 5th or 10th

Butler-Mason YMCA on the 5th from 9AM-12PM
Everett-Milton YMCA on the 10th from 6-8:30AM

BOOT CAMP

exercise class

Value = .25%

February 23rd

10:00 AM at Butler-Mason B-1 Field

CORE & MORE

exercise class

Value = .25%

January 15th

6:30 PM at Everett-Milton YMCA

NUTRITION TALK

Value = .25%

February 26th

Smith-Bonvillian Hall at Thomas University
at 5:30 PM

NUTRITION TALK

Value = .25%

January 22nd

Smith-Bonvillian Hall at Thomas University
at 5:30 PM

LAST CHANCE WORKOUT

exercise class

Value = .25%

March 5th

Choose from: 5:30 PM Zumba, Spin, Yoga
or 6:30 pm Core & More, Spin



REDBUG RUN

Value = .25%

February 9th

Northside Park,
see flyer for more info

CHOLESTEROL SCREENING #2

Value = .25%

March 7th

Everett-Milton YMCA - TBA

ZUMBA

exercise class

Value = .25%

February 15th

5:30 PM Everett-Milton YMCA



COUCH 2 5K

Value = 2%

Starts January 14th

Contact Cliff Heard at 226-0133 or
cheard@ymca-thomasville.org for more information.

Program must be completed in full