

Try the Y today!

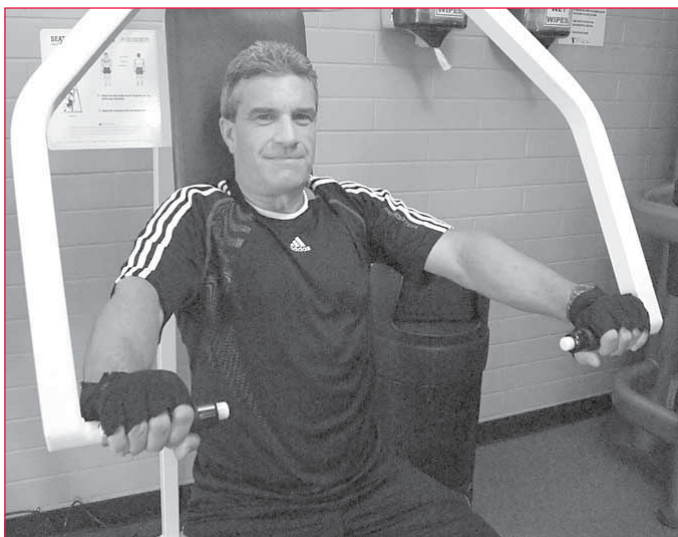
Lorne Terrillon's Journey to Fitness and Health

Joined the Y in January 2009

Lorne's goals: Lose weight. Increase core strength. Adopt a healthier lifestyle.

Lorne's Achievements: Lost 55 lbs! No more back pain.
Made working out at the Y part of his lifestyle.

"I was really out of shape and I knew I needed to make some changes. I started working out at the Y regularly and changed my diet. I reached my weight goal in one year. The core strength training I've done has increased my stamina at work and eliminated the back pain I suffered from."



"I decided to join the Y because of the great variety of fitness equipment and facilities like the pool, hot tub and sauna. I feel very comfortable at the Y. The staff is so friendly – they've given me a lot of support since I became a member."

YOU CAN DO IT TOO!

Lorne's recipe for success:

- Set a goal and stick to it
- Make fitness part of your routine
- Join the Y!

TRY THE Y FOR A DAY




**KAMLOOPS COMMUNITY
YMCA - YWCA**
kamloopsy.org

Valid for **ONE DAY PASS ENTRY** to the
Downtown or North Shore Y for an
adult, youth or child. *

*Children and youth under 13 must be accompanied by a parent/guardian to redeem pass in fitness area.
Age restrictions also apply to pool admissions. No cash value. One coupon per person valid Sept. 1 - Dec. 5, 2010

Kamloops Community YMCA-YWCA
400 Battle Street Kamloops, BC V2C 2L7
Tel: 250-372-7725

North Shore YMCA-YWCA
700 Tranquille Road Kamloops, BC
Tel: 250-554-9622

Take advantage of our
special offer to try the Y for
FREE.
Stop by the Y any time for a
free tour of our facilities.

- We reserve the right to change schedules.
- Fees subject to applicable taxes.

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