

MEET ME AT THE Y WHERE RESULTS HAPPEN

**Weigh To Change
 Fall 2016**

CONGRATULATIONS MELISSA BUNIS!
Weigh to Change Success Story



I joined the Y 2 ½ years ago. A friend & I signed up for semi-private personal training with Joe Sullivan 1 - 2 times a week for the year and I really liked it. It kept me accountable. Then my friend got injured. I had never taken a group exercise class, I wasn't comfortable taking them.

I saw the Weigh to Change program advertised and thought it was a great value offering half hour classes and nutrition. It was something different to try.

The program was a really positive experience for me. The staff and people are great. I loved that the group was a variety of ages and that staff are always willing to help. Weigh to Change offered a lot of different exercise options as well as social & nutritional components such as dinner at the TPC and a private Facebook page for participants for support. I almost did not attend the closing ceremony due to a scheduling conflict but then was able to go. So glad I did as it really gave me a sense of accomplishment.

The program allows you to experience the different styles of the trainers and opportunity to try new classes in a comfortable atmosphere. I am now comfortable participating in group exercise classes and take them several times a week.

All the trainers are phenomenal and very supportive. When we went to the 5k race it was a very rainy & cold day. But the Y came with a van of people that cheered us on. That was really cool and made it a lot of fun. Weigh to Change made the other participants and I feel really comfortable and now we are good friends. Our same group continues to meet every week to exercise on a regular basis.

The Weigh to Change program has resulted in a very positive lifestyle change for me. I feel stronger and more energetic. The sense of accomplishment I feel when I am here at the Y is worth every penny spent!

- Melissa Bunis / WTC Graduate

JOIN OUR SPRING WEIGH TO CHANGE PROGRAM...available at all Hockomock Area YMCA branches!
 Program runs April 3 - June 9, 2017. **LEARN MORE AT AN INFORMATION MEETING:**

- **Foxboro Branch: Wednesday, 3/15 @ 6:30pm OR Saturday, 3/25 @ 9:00am.**
 Questions, contact: LaurenHynes@hockymca.org or 508.772.1317
- **Franklin Branch: Saturday, 3/18 @ 10:30am OR Wednesday, 3/22 @ 6:00pm.**
 Questions, contact: MaureenW@hockymca.org or 774.235.2732
- **North Attleboro Branch: Tuesday, 3/14 @ 6:00pm OR Saturday, 3/25 @ 8:00am.**
 Questions, contact: JosieD@hockymca.org or 508.643.5299

