



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LEAN AND CLEAN

## Lean & Clean X-BIKE STUDIO

Are you looking to shed that last 10-15 pounds and become more toned and lean? This 28 day program gives you the tools to learn macro nutrient cycling and heart rate driven exercise techniques and sequencing for maximum fat loss and calorie burn. The program focuses on education, information and motivation to accomplish the changes you are seeking. This four week program requires a daily commitment to find the best you. Participants will receive a watch and heart rate monitor to use during the program. To succeed you will need to adhere to the recommended diet and exercise protocol. Recommended for intermediate to advanced exercisers.

**SESSION DATES: JUNE 5-JUNE 30, 2018 OR JULY 17-AUGUST 11, 2018**

**DAYS: TUES/THURS @ 6:00PM & SATURDAYS @ 9AM**

**COST: \$125 MEMBERS, \$185 POTENTIAL MEMBERS**

Contact:

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