



STRONG begins November 2nd

Get re-motivated and back on track towards your goals, for free!

For 20 minutes a day, 5 days a week, we'll hold each other accountable, have some fun, and explore a purpose driven life that is STRONG!

Invite your friends & family to journey with you towards a healthier and happier you! ***You do NOT need to be a member to participate.** Activities can be done from home or at the Y - **and it's completely free!**

We are in this TOGETHER!

[More Information](#)

[Join The Challenge!](#)

Watch the video and see how Jeff reclaimed his life:

