



# HEALTH FIRST

**What:** **Health First 12 Week Wellness Program**

If you are looking to lose weight and feel healthier, this is a great place to start. This is a group-centered program with nutrition, fitness, health coaching, and personal training to support your individual needs to achieve a healthy lifestyle. There will be an in-person and Zoom class option. You can choose either one or both.

**When:** Class begins Monday, September 14

Class runs through Tuesday, December 8

In-person class is each Monday from 5:30pm to 6:30pm

Zoom class is each Tuesday from 12:00pm to 1:00pm

**Where:** Rogue Valley Family YMCA

522 West Sixth Street, Medford, OR

**Fees:** 12 Week Wellness Program is \$300

Jackson Care Connect will cover the cost for their members

Fees Include:

Weekly wellness meetings (in person, Zoom, or both), weekly measurements, nutrition counseling, and six 30-minute personal training sessions (scheduled on an individual basis). Six feet of distance will be maintained and masks will be worn for all in-person sessions.

**Info:** Contact Adam McMenemy, Health and Wellness Supervisor

(541)772-6295 ext. 106; [fitness@rvymca.org](mailto:fitness@rvymca.org)



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY