

# Y WEIGHT...

## WEIGHT LOSS PROGRAM



### DETAILS

5-8 Participants per group  
Cost: \$99

Final class offerings may vary.  
Check with the Welcome Center for dates.

### CAMPBELL COUNTY YMCA

1437 S. Ft. Thomas Avenue  
Fort Thomas, KY 41075  
859-781-1814

Monday and Wednesday 6 a.m.  
Monday and Wednesday 7 p.m.  
Tuesday and Thursday 11:15 a.m.  
Wednesday and Friday 3:30 p.m.

### GAMBLE-NIPPERT YMCA

3159 Montana Avenue  
Cincinnati, OH 45211  
513-661-1105

Monday and Wednesday 7 a.m.  
Monday and Wednesday 9 a.m.  
Monday and Wednesday 6 p.m.  
Tuesday and Thursday 6 a.m.  
Tuesday and Thursday 10 a.m.  
Tuesday 7 a.m. and Saturday 10 a.m.

### CLIPPARD FAMILY YMCA

8920 Cheviot Road  
Cincinnati, OH 45251  
513-923-4466

Monday and Wednesday 6 a.m.  
Monday and Wednesday 6:45 p.m.  
Tuesday and Thursday 6 a.m.  
Tuesday and Thursday 11:30 a.m.  
Tuesday and Thursday 4 p.m.  
Tuesday and Thursday 8:30 p.m.

### POWEL CROSLY, JR. YMCA

9601 Winton Road  
Cincinnati, OH 45231  
513-521-7112

Monday and Wednesday 11 a.m.  
Monday and Friday 9 a.m.  
Tuesday and Thursday 6:30 a.m.  
Tuesday and Thursday 3 p.m.  
Tuesday and Thursday 6:30 p.m.

[MyY.org/Y-Weight](https://MyY.org/Y-Weight)