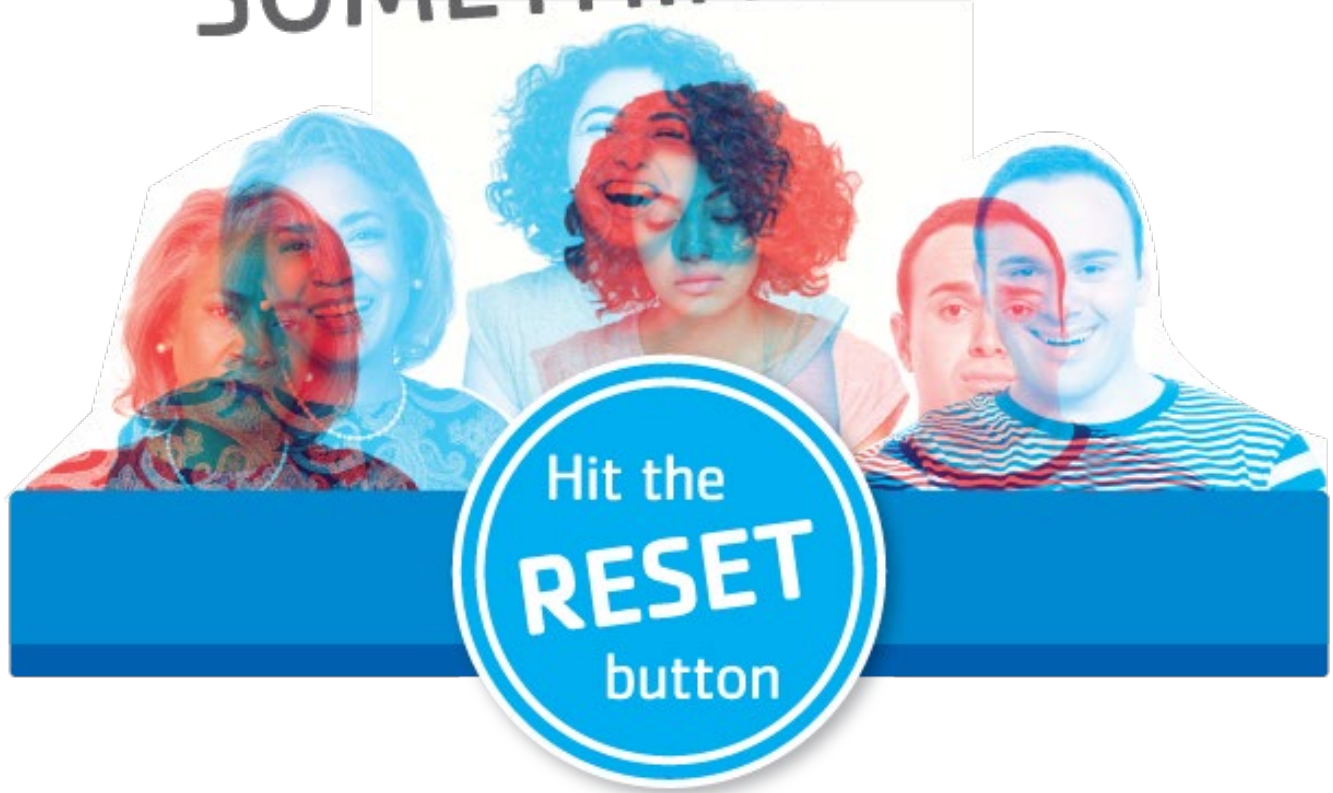


# TIME FOR SOMETHING NEW



## **FREE 6-Week Transformation** Text **RESET** to **833-230-7989** to join

**Challenge starts February 1, 2021**

Join thousands of teammates nationally as we hit RESET and start 2021 on a positive note. Participants will receive text prompts with motivation and tools to set the foundation for healthy habits.

- Free Virtual Fitness Classes (Live and On-Demand)
- Free Virtual Content for Healthy Living
- National Expert Coaches (Fitness, Nutrition, Meditation and more!)
- Weekly access to the YMCA of East Valley (Outdoor fitness, Pool, Activities)
- Special offer at end of challenge



Our mobile text messages are intended for subscribers over the age of 13 and are delivered via USA toll free number 8332307989. You may receive up to 16 message(s) per month for text alerts. Message and data rates may apply.

This service is available to persons with text-capable phones subscribing to carriers including AT&T, Verizon Wireless, T-Mobile®, Sprint, Virgin Mobile USA, Cincinnati Bell, Centennial Wireless, Unicef, U.S. Cellular®, and Boost. For help, text HELP to 8332307989, email [marketing@ymcaeastvalley.org](mailto:marketing@ymcaeastvalley.org), or call +1 9097989622. You may stop your mobile subscription at any time by text messaging STOP to toll free number 8332307989.

To opt back in, text "UNSTOP" followed by the keyword to toll free number 8332307989.