



HELPING YOU KEEP YOUR NEW YEAR'S RESOLUTIONS

AT THE GREATER SUSQUEHANNA VALLEY YMCA

2023 Resolution Solution Challenge

Monday, January 9 – Saturday, February 18

6-Week Challenge

Free participation for Y Members

Non-members may join the challenge for \$75

Non-member fee includes a **6 week short-term membership** with full access to all 4 GSV YMCA branches. At the end of the challenge, non-members will have the opportunity to join the Y with a \$0 joiner's fee.

Challenge Details

Earn up to 3 entries into the prize drawing each week by completing challenges and logging them at the front desk.

Receive one entry for completing three workouts of your choice for a designated amount of time which will increase each week.

Two additional entries may be earned by completing weekly challenges.

Prizes

Winners will be drawn from the entries at each branch and will be announced by Feb. 24, 2023.

Top prize at each branch will be a \$100 YMCA Gift Card

Gift card may be used towards membership or programming at any of our Y branches. (ie. Golf simulator, art classes, facility rentals, personal or small group training, swim lessons, youth sports and dances, and other programs, etc.)

Additional prizes have been donated by local businesses.

Registration is required to participate.

Registration is available online or in-person at the YMCA.

Challenge is open to ages 14 and up. (Ages 14 –17 must have waiver signed by guardian)

Participating Locations: Lewisburg, Mifflinburg, Milton and Sunbury YMCAs.