



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



EASE INTO FITNESS

B. FIT Program

The Beginner Fitness Program (or B. Fit Program) is for beginner exercisers or those needing to develop good exercise behaviors.

This free program is held at Hillsborough YMCA. It provides structure and accountability and helps individuals learn how to overcome the personal barriers that are preventing them from exercising regularly. Over the course of 12 weeks, participants will learn how to set goals and exercise appropriately. Participants will receive individual instruction, monitoring and feedback.

All interested members will need to schedule an initial interview with a B. Fit coach prior to enrolling in the program. This program is for members 18 years and older. For more information, email lwelsh@somersetcountyyymca.org or call **908 369 0490 x716**.



HILLSBOROUGH YMCA

A branch of Somerset County YMCA

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www.somersetcountyyymca.org

 [Facebook.com/SomersetValleyYMCA](https://www.facebook.com/SomersetValleyYMCA)

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The Y is the nation's leading nonprofit committed to strengthening the community through youth development, healthy living and social responsibility. At Somerset County YMCA, we believe everyone, regardless of age, income or background, should have the opportunity to learn, grow and thrive. For information about Somerset County YMCA and financial assistance, visit us at www.somersetcountyyymca.org.