

2018 Fall GHSD Benefits	The Great Hartford Slimdown	Slimdown+	Non-Member GHSD	Non-Member GHSD & Membership	Non-Member Slimdown+
Current YMCA Membership Required	●	●			
GHSD Registration Fee	●	●	●	●	●
Weekly Workouts	●	●	●	●	●
Weekly Weigh-ins	●	●	●	●	●
Weekly Challenges	●	●	●	●	●
Private facebook Group	●	●	●	●	●
Slimdown Events/workouts	●	●	●	●	●
Program T-Shirt	●	●	●	●	●
Nutrition Lectures	●	●	●	●	●
Nutritional Recommendations	●	●	●	●	●
Large Group workouts (4x)	●	●	●	●	●
Weekly Emails	●	●	●	●	●
Eligible for Prizes	●	●	●	●	●
Friendly Competition	●	●	●	●	●
YMCA Facility Usage	●	●		●	●
Group Fitness Classes	●	●		●	●
Small Group Training (4x/week)		●			●
Personal Trainer Guidance		●			●
	\$55	\$297	\$75	\$199	\$497