

*Darienite*

*News for Darien*

<https://darienite.com>

---

## **Darien YMCA's 'Lean Machine' Customized System for Losing Weight: Registration Now Open**

**Author :** David Gurliacci

**Categories :** [Darien YMCA](#)

**Tagged as :** [Darien YMCA Classes 2019](#), [Lean Machine Class 2019](#)

**Date :** December 27, 2018

Darien YMCA is offering a two-month "Lean Machine" class from Jan. 5 to March 2 with a "customized system for losing weight, getting fit and feeling like a million bucks."

Here are the details:

— *an announcement from the Darien YMCA*

- \* A full INBODY consultation
- \* Biweekly 1-hour group training sessions with a trainer
- \* 8 1-hour guided health coaching workshops with Amy Kiser, NTP
- \* Weekly health coaching advice and an exercise plan
- \* Optional halfway INBODY Consultation

# *Darienite*

## *News for Darien*

<https://darienite.com>

---

\* Ongoing support via our Facebook Group

\* 10% discount at Little Bites

\* 20% off all personal training packages

(Up to two purchased February 17 - March 2, 2018)

**EARN FITNESS BUCKS FOR YOUR SUCCESS!**

Earn \$20 for every % body fat lost and \$5 per every pound lost.

### **Fees:**

Members ages 15+, \$470

Non-members ages 15+, \$570

[Register Online Here](#)

---

*More information from the [Darien YMCA website](#):*

### **You may choose from one of the following groups:**

Wednesdays & Fridays at 5:30 am

Mondays & Wednesday at 6:30 am

Wednesdays & Fridays at 8:30 am

Tuesdays & Thursdays at 10:30 am

Tuesdays & Thursdays at 6:00 pm

### **Upon registering, you'll receive a fact sheet with everything you need to know:**

Important Dates & Times

Contact Information

An outline of what you can expect throughout the competition **and remember, you get the chance to win fitness bucks based on your own personal success.**

**Fitness bucks can be redeemed towards any of our wellness offerings here at the Y.**

*Including:*

– Massage

– Therapeutic Stretching

– Pilates Reformer

– Kettlebell

– Rock Wall

– Workshops and **MORE!**

*Darienite*

*News for Darien*

*<https://darienite.com>*

---

Questions? Email: [jvansciver@darien-ymca.org](mailto:jvansciver@darien-ymca.org)