



YES - Jackson's favorite annual weight-loss contest is back!

Improve your health & fitness for the new year.
Compete for highest percentage of weight and most inches lost, for great prizes including CASH and gift certificates!

50 contestants will be selected to participate!
Apply online for a chance to be selected:

K1053.com/ShapeUpJackson

Application period:

January 1 - 19, 2022

Contest Period:

January 31 - March 28, 2022



COVID-19 precautions will be in place to keep our contestants safe!

For more information visit **K1053.com/ShapeUpJackson**
or call the Jackson YMCA at 517-782-0537.