

# 2018 YWEIGHT SCHEDULE

2018 is the last year for Yweight; A new program is coming in 2019! If you did not participate last year, you are not eligible to participate this year due to the program structure. Visit [www.manateeyourchoice.com/yweight](http://www.manateeyourchoice.com/yweight) for more information.



MAY & JUNE by appointment only		
<p><b>YOURCHOICE FITNESS CENTER</b> 1012B Manatee Ave W, Bradenton <i>Weigh-outs &amp; body fat testing</i></p> <p><b>MAY</b> TUES: 7:30-8:30am WED: 4-6pm THURS: 10am-12pm FRI: 6:30-8:30am</p>	<p><b>JUNE</b> TUES: 7:30-8:30am, 10am-12pm WED: 4-6pm THURS: 6:30-8:30am, 10am-12pm, 4-6pm FRI: 6:30-8:30am</p>	<p><b>EMPLOYEE HEALTH BENEFITS</b> 5213 4th Ave Cir E, Bradenton <i>Weigh-outs only, NO body fat testing</i></p> <p><b>MAY &amp; JUNE</b> TUES: 7-9am THURS: 4-5:30pm</p>
<p><b>APPOINTMENTS REQUIRED FOR FITNESS CENTER &amp; EHB:</b></p> <ul style="list-style-type: none"> <li>• <a href="http://www.manateeyourchoice.com">www.manateeyourchoice.com</a> &gt; Program Registration &gt; Yweight</li> <li>• You will receive an email confirmation for the date, time and location you are scheduled.</li> <li>• To cancel or reschedule an appointment please contact <a href="mailto:info@manateeyourchoice.com">info@manateeyourchoice.com</a> or 941.748.4501 x6412.</li> </ul>		

JULY Appointment and walk-in events available						
(A) By Appointment Only Absolutely NO WALK-INS accepted, you must have an appt scheduled.		(AW) Appointments & Walk-ins Appointments available & recommended, walk-ins accepted but discouraged - you should anticipate a longer wait time than those with an appt. Appointments are scheduled in 30-minute time slots.			(W) Walk-ins Only No appointments are available for this event.	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	(A) 3 EHB, 7a-9a Fit Ctr 7:30a-8:30a	4 Independence Day County Offices Closed	5	6 Fit Ctr 6:30a-8:30a	7
8	9	(A) 10 EHB, 7-9am Fit Ctr 7:30a-8:30a	(A) 11 Fit Ctr 4p-6p	(A) 12 EHB 4p-5:30p	(A) 13 Fit Ctr 6:30a-8:30a	14
15	16	(W) 17 Tax Collector, 11a-1p Conf Room, Back Entrance 819 301 Blvd W	(AW) 18 PW-HWY Myakka, 7-8:30am 36650 Arcadia Ave, Myakka City	(AW) 19 Utilities, 6:30a-9a Large Conf Room 4410 66th St W	AW) 20 Public Works, 7a-9a Conf Room 1 & 2 1022 26th Ave E	21
22	23	(AW) 24 MCG Admin Bldg, 9a-11a 4th Floor 1112 Manatee Ave W	(W) 25 MSO Ops, 8a - 9:30a Lunch Rm MSO Personnel Only <i>*weight &amp; body fat</i>	(W) 26 *MSO Trng Ctr, 6a-9a All Personnel Welcome 14490 B Harlee Rd <i>*Weight &amp; Body Fat</i>	(W) 27 *MSO Trng Ctr, 6a-9a All Personnel Welcome 14490 B Harlee Rd <i>*Weight &amp; Body Fat</i>	(AW) 28 MMH, 8a-11a Manatee Memorial Hospital Auditorium-Main Entrance off Garage
29	30	(W) 31 MMH, 5:30p - 7:30p Manatee Memorial Hospital Auditorium-Main Entrance off Garage	<p><b>*Body Fat Testing ...</b></p> <ul style="list-style-type: none"> <li>• will be available at the YourChoice Fitness Ctr* only during appt times and MSO* locations.</li> <li>• is for those who tested last year or at their healthiest weight &amp; have a fitness level body fat but a BMI &gt; 25 due to muscle mass.</li> </ul>			

