**YWCA SUMMER PROGRAMS**

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very year in months of July and August the YWCA holds its annual summer programme.

Over the 15+ years the programmes have expanded from a few to more than ten courses.

This year as a part of this yearly programme we are adding a fitness camp.

This camp is 6 weeks of rigorous training for both amateur and elites. Classes are instructed by some of Belize’s finest and renowned instructors.

In order to maintain sustenance incentives are offered for the **biggest loser.**

This programme caters for women and men of all ages as long as they are able, ready and willing to work!!!

**INCENTIVES/ PRIZES:**

* *Weekly checkup (weight/BP)*
* *Weekly Meal plans*
* *Weekly Body Measurements*
* *Free massages/ Hair Treatment/water aerobics classes*

