

# One Community. One Fight!

## BEYOND LIMITS

A SPECIAL PROGRAM FOR VETERANS AND ARMED FORCES MEMBERS

Beyond Limits is a program aimed to help Veteran and Armed Forces Members by enriching their physical abilities. With completing an Beyond Limits intake and registration of one of our Beyond Limits Options you will receive 12 weeks of membership. Upcoming classes include the following:

### FALL 1:

**WEDNESDAY 6:00-7:00 p.m.**  
**September 17-October 22**

**TACTICAL MOBILITY:** 6-week program focused on enriching your day-to-day life focusing on mobility practices. Aimed to help relieve common aches and pains and get your body moving tactfully in all your daily activities.

### FALL 2: WEDNESDAY 6:00-7:00 p.m.

**November 5-December 17** No class 11/27

**TACTICAL STRENGTH:** 6-week program focused on building total body strength. Aimed to help build strength in functional movement that we use in our daily lives.



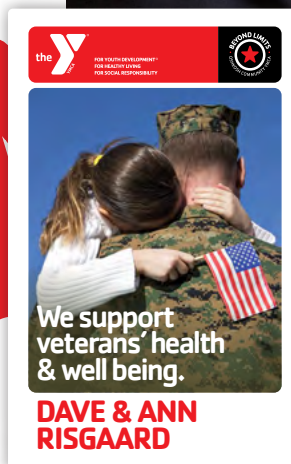
Interested? Register here: <https://forms.office.com/r/DcqVNXZhSq>

## Support BEYOND LIMITS

Support veterans and armed forces members in our community by sponsoring our program, making a donation, purchasing a t-shirt or sponsoring a banner.

Call Ben Clewien at 920-230-8919 or Patti Weissling at 920-230-8952. Easy payment plans are available.

**\$25 | T-Shirt Sponsor**  
**\$250 | Patriotic Sponsor**  
**\$1000 | Veteran Sponsor**  
**\$2500 | Program Sponsor**



**DID YOU KNOW?** Veterans receive a 20% discount on any Y membership and pay no Joiner Fee.

**ANNUAL CAMPAIGN**  
FINANCIAL ASSISTANCE



To support **BEYOND LIMITS** or other great programs at the Y through our Annual Campaign, including the **FOR ALL** Financial Assistance Program, please contact Patti Weissling, 920-230-8952 or [pattiweissling@oshkoshymca.org](mailto:pattiweissling@oshkoshymca.org).