

TEAM FIT FAQs

TEAM F.I.T. fees due at the time of registration. This cost covers the 12 week fitness and nutrition plan, as well as bi-monthly consults with your trainer.

\$175 Members

\$225 Potential Members*

All participants will receive a body fat analysis before beginning this program.

Participants must be familiar and comfortable with circuit training and weight room equipment

Potential Members* must join the Y in order to use the facility outside of meetings.

Register at the front desk

No refunds given after attending first meeting

Questions? Contact Missy Corrigan

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMPETITION PREPARATION



Join us for training, support, motivation, and friendly competition in various competitions within the South Carolina and southeastern states.

Federations & Schedules

While there are numerous federations to compete in, we proudly promote and train all-natural athletes who desire to compete on an even playing field with other natural competitors.

WNBF

We invite you to compete in the WNBF South Carolina Bodybuilding Championships hosted by the YMCA of Sumter on April 20, 2020. Visit www.sumterymca.org/scbc for more information.

*The YMCA partnered with the WNBF in 2014 to bring an all-natural, drug tested physique event to the Sumter area. Since 1990 the WNBF has held the highest standard in promoting stringently drug-tested physique events around the world.

Steps to compete:

1. Choose your competition.
2. Register for the 12 week program that coincides with the competition.
3. Set up your first meeting where you will receive your workouts and diet plan.
4. Attend meetings for body fat tests, workout and/or diet changes, and posing practice.

What is the average cost?

Not including your training fee, you will need to be prepared to pay for the following:

- Federation membership: \$60-120
- Competition entry fee: \$45 - \$100+
- Suit, shoes, jewelry: \$250+
- Tanning: \$90+

Missy Corrigan is a former national level fitness competitor, WNBF promoter and judge who knows what it takes to prepare for a physique competition. She has trained countless athletes who have placed in the top 5 and over 40 athletes who have won their divisions, qualified for nationals, or received their pro card. She has over 20 years of experience in personal training and is a certified fitness nutrition specialist. Whether you are a first time competitor or you are a seasoned competitor, Missy can help you be at your best!

