

BEFORE



After



MISSION: POSSIBLE

10-Week Weight Loss Program *With a Focus on Overall Health*

ECC Member: \$39

Non-Member: \$89

(Non-member fee includes use of ECC Fitness Center during program)

KICK-OFF & REGISTRATION EVENT

Attend a Program Q & A at the ECC on
Monday, January 30th at 6:00PM

Staff will be on hand to provide an overview of the program and answer any questions you may have to help you realize that this **MISSION** is **POSSIBLE!**

Registration will begin at this event

Program Includes:

- Weigh-Ins Every 2 Weeks
- Before & After Pictures
- Weekly Motivational Emails
- T-Shirt & Wristband
- Exercise & Nutrition Logs
- 10% Off Personal Training
- ...and more!



Post Event Registration:

- Jan. 31st - Feb. 5th , Day 1 starts on Feb. 6th
- Register at ECC Guest Service Desk
- Conduct Your Initial Weigh-In & Before Picture

Prizes:

- Top Male & Female Win 1-Year Membership
- Additional Prizes for Top Point Earners

Sue C.

- 2 time Mission: Possible participant
- Member of the ECC

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