

JANUARY 31 – MARCH 28, 2025

MISSION: SLIMPOSSIBLE

Start developing healthy habits this New Year.



HOW IT WORKS:

Mission Slimpossible is a health and wellness program designed to achieve weight loss goals and healthy habits.

The program includes:

- Nutrition Recommendations
- Monthly Holistic Approach For Sustainable Lifestyle Change
- Virtual Weekly Weigh-in (Fridays)

A welcome email will be sent to participants explaining all program details and instructions.

REGISTRATION:

www.navyMWRBethesda.com

Registration Deadline: 16 January, 2025

BOOTCAMP CLASSES:

Monday: 11 AM / Wednesday: 3 PM

FINAL BODYWEIGHT CHECK-IN:

Friday, March 28, 2025

PRIZES:

Awards for every 5 lbs lost. Grand prize for top Female and Male that lose the most weight and complete their virtual weekly weigh-ins. Winners announced April 2, 2025.

**SIGN UP
FAST!**

\$40

Open to the first
20 registrants.



Open to All Eligible Fitness Center Patrons.
For more information, please call the
Fitness Center: (301) 295-0031

