

operation transformation 2018

D2S

drop 2 sizes

lose fat & gain muscle

Expect to lose fat, gain muscle, make positive changes
and develop a great attitude all while having fun!

Make fitness a part of your lifestyle!

January 15 - March 9

8 Week Program Includes:

- Choose 2 small group workouts a week
w/a Personal Trainer
Tuesdays & Thursdays - 5:30 - 6:30 am
Monday & Friday - 12:00 - 1:00 pm
Wednesday & Friday 5:30-6:30 pm
- 4 thirty minute bi-weekly group accountability
meetings and private clothing check
- Nutrition Guidelines
- Learn how to use a food journal
- Meal Prep and Grocery List tools
- Includes a full CCBA Membership for non-members
- Weekly homework assigned by your Personal Trainer
- No weigh ins - no scale!

Fee: Members/\$299 Non-Members/\$399

Enhance your life,
not just the number on the scale!

Enroll online today at www.joinccbba.org

Questions? Contact Alena Pardoe at alena.simard@gmail.com

1 Taylor Street, Lebanon, NH 03766

603/448-6477 www.joinccbba.org

Losing
weight
is hard.

Being
overweight
is hard

Choose Your Hard.



Join us ...

For a FREE

Information Seminar

1/6 or 1/13 @ 10 am

Learn all the details, what is
expected of you and how to
participate! Bring an item of
clothing you want to fit into at
the end of the program.

CCBA



Carter Community Building Association
recreation and fitness for all ages