

## Program Fees

### Fees

8 Class Pass	\$50.00
Members	Complimentary



To see the Group Exercise Schedule or Class Descriptions visit Mission Fitness or our website at [www.missionfitnessnow.com](http://www.missionfitnessnow.com)

Ask our front desk staff for a tour and how to become a member today!



### MCH Center for Health & Wellness

8050 Highway 191  
Odessa, TX 79765  
(432)-640-6400

[www.missionfitnessnow.com](http://www.missionfitnessnow.com)

## Bariatric Exercise Program



Excellence in weight loss



## Program Details

Partner with Mission Fitness for your weight loss goals!

Mission Fitness has partnered with Dr. Donald Davenport to provide bariatric patients with the exercise they need for successful weight loss.

Mission Fitness has a great staff of instructors to get you motivated, get you moving, and get you the results you desire. We offer excellent group exercise classes for you to participate in so you can start moving with motivation.

By purchasing an 8-Class Fit Pass or by joining Mission Fitness you will have access to the following classes:

Aquarobics	Aqua Arthritis
Aqua Zumba	Boot Camp
Core	Kickboxing
Pilates	Spin
Super Pump	Yoga
Zumba	and many more!

## Benefits of Exercise

- Build strength and endurance
- Gain more energy
- Cope with stress
- Improve your sleep
- Lower your blood pressure
- Reduce your risk for diabetes
- Improved metabolism
- Better control of blood and body fats
- Improved mental and emotional well-being
- Increase your HDL level (good cholesterol)



## Registration Form

Name: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_

E-mail: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Phone: ( ) \_\_\_\_\_

\*All information required for guest registration

### Physician's Approval

I hereby approve \_\_\_\_\_  
(patient name printed)

to participate in group exercise classes at Mission Fitness.  
This individual should refrain from engaging in the following:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
(Doctor's signature)



<http://texasweight.com/>