

**NEED MOTIVATION?
WANT ACCOUNTABILITY?**



STARTS JANUARY 10th



Personal Trainer Led 12 Week Program.
Feel Great and Lose the Weight!



**EARLY BIRD DISCOUNT \$25 OFF
REGISTER BETWEEN NOV. 30th - DEC. 14th**

Member \$154



Non-Member \$179

Regular Price

Regular Price



PICK YOUR TEAM TRAINER & TIME

TUESDAY

Cheryl - 5:35 am
Denae - 9:15 am

Aubrey - 10:15 am
Howie - 7:00 pm

WEDNESDAY

Cheyenne - 6:00 pm

THURSDAY

Michelle - 5:30 am
Janice - 8:15 am

Aubrey - 10:30 am
Shannon - 6:00 pm

FRIDAY

Phillip - 5:35 am

Josh - 5:30 pm

SATURDAY

Cheryl - 8:00 am

SUNDAY

Phillip - 1:05 pm



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Biggest Chooser 2020

What is the Biggest Chooser Challenge?



If you're looking for motivation and results, look no further. This 12 week, team-based weight loss challenge includes initial and final team weigh-ins/measurements and 10 weeks of 60 minute team workouts/weigh-ins. Teams will be built based on similar workout availability and results will be assessed weekly based on the percentage of total weight loss. ***Are you ready for the challenge?***

Cost & Conditions:

- Over \$450 worth of services for a one-time fee of \$154 members (Early Bird Registration is \$129 for members!) \$179 non-members
- Members will receive \$25 off for each non-member referral!
- Registration is extremely LIMITED for this challenge. This year's teams will include ONLY 10-12 participants for an optimum trainer-client ratio.
- Register by workout day and time on a first come first served basis. *After registration closes, we may ask you to consider switching group times to balance out team sizes.*
- Please check for KidZone availability during your group's workout time. KidZone regular hours and rates will apply.

Important Dates:

- November 30, 2019 – December 14, 2019 - Early Bird Registration.
**For members only (\$129)*
- December 15, 2019 – January 8 - Regular Registration
(\$154 Member - \$179 Non-member)
- Jan 10 – Challenge Kick Off Party 6:00-7:00pm - Group Fitness Room
- January 11 -17 – Initial team measurements, weigh-ins and meetings
- January 18 – OFFICIAL BEGINNING OF CHALLENGE!
- March 27 – Challenge Ends
- March 28 - April 3 – Final team measurements and weigh-ins
- **April 4 – Finale CELEBRATION** and AWARDS 6:00-7:00p

How will The Biggest Chooser Challenge help you lose?

You will be assigned a trainer/coach for this journey who will provide you ALL of the following:

1. **WEEKLY** hands-on team workouts and weigh-ins.
2. Initial and final BMI, Body Fat and measurements taken.
3. An exercise prescription including Group Fitness classes and 4 independent workout programs.
4. A weekly newsletter e-mailed with advice, Stars of the Week, and Team results.
5. An optional workout/accountability partner.
6. A team t-shirt to represent your crew.
7. **Optional \$40 upgrade for individual consult with our nutritionist, Lori Ragsdale RD, LDN.**
8. Weekly team e-mails and a closed team FB group to keep your motivation high.
9. Access to your trainer outside your workouts to discuss concerns or questions and find extra motivation.
10. Suggestions, and/or articles that will help you throughout the challenge.
11. THE BEST CHEERLEADER you could ever ask for! Your team rooting for you and the expertise of a Professional Personal Trainer to help you personally achieve!

More Specifics....

1. The winning team is the one that loses the largest total combined percentage of weight.
2. Weekly Weight-Ins: You will weigh in before your workout, by our front desk team. The start time is 15 minutes before your workout begins to allow time for all weigh ins.
3. Teams are limited to 12 members.
4. Valuable upgrade option to receive nutritional counseling from a registered and licensed dietitian.
5. Interactive closed Facebook Group for each team for the Challenge.
6. Weekly e-mail newsletter to all participants.
7. Cash Prize for the winning team members.
8. A Clinic with Lori Ragsdale, subject "Sugar" , date to be confirmed

What does the winning team receive?

- Double the combined team percentage weight loss lost by the winning team into \$\$\$ and divide equally by number of team members .
- Winning Team medals
- Two anytime guest passes. (will be added to members acct)
- Two free BMI and Body Fat Assessments to ensure you stay on the right track.
- Discounted small group training (10% off)! (Must be used before June 1, 2020.)