



## Information Sheet

**Cost:** Members: \$69.00 Non-Members: \$169.00\* (*\$100 for 2-Month Membership*)

**Starts:** March 19th

**Ends:** May 21st

**Description:** A 2-Month Challenge designed to help you reach your goals by providing nutrition counseling, weekly assignments, weekly last chance workouts, team challenges, and accountability!

### Format:

- Each Trainer will have a team of 20 challengers. There are 4 teams total. Only 80 challengers will be accepted!
- Earn Points 5 Different Ways:
  - Completing Weekly Assignments: .5 points per week.
  - Attending Last Chance Workouts: .25 points per week.
  - Winning a Team Challenge: 10 team points per challenge.
  - Losing Body Weight: 2% loss = 2 points.
  - Losing Body Fat: 5% total loss = 5 points.

### Sign-Up; Begin 2/19/2011

- Fill out a Sign-Up Form & pay in full at Front Desk.
- Sign-Up for your Last Chance Workout Team/times at the Front Desk.
- Teams and times: Tue 5:30 pm / Wed 5:30 am / Fri 9:00 am / Sat 9:00 am
- Beginning weigh-ins, photos & body fat test on Sat March 19th 8-9:30 am or Mon March 21st 6-6:30 pm

**CONTACT JULIE LARRISON WITH ANY QUESTIONS**

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