

# THE BIGGEST LOSER



## CHALLENGE

**March 3<sup>rd</sup> – April 28<sup>th</sup>**

- \**Weekly Last Chance Workouts***
- \**Team Challenge***
- \**Weekly Weigh-Ins***
- \**Training Discounts***
- \**Weekly Assignments***
- \**Calorie Tracking***
- \**Nutrition Class***

**It's Your Chance To Create Your Own Success Story!**

**Top 3 Winners Get Free Membership Dues Plus Choice Of:**

***NEW Road Bike + Gear \* Make Over Package \* Shopping Spree***

**Sign-Up @ The Front Desk & Choose Your Last Chance Workout Time.  
Space IS LIMITED**



Join our 6<sup>th</sup> Season of this amazing contest

\$1500 in Prizes will be awarded

Starts Saturday (3/3) thru Sat. (4/28)

Measurements Are Saturday @ 8am – 10am

Space will be limited \* Sign-up quickly

Pick a team after you signup @ the DESK

Select from one of the packages below:

**"Success Package"**

Fully reach your potential with:  
8-Weeks of Personal Training  
8-Last Chance Workouts  
*Nutrition Class*  
Weekly Assignments  
\$39/week (a \$400 Value)

**"Advanced Package"**

Progress to the top with:  
5-Weeks of Personal Training  
8-Last Chance Workouts  
*Nutrition Class*  
Weekly Assignments  
\$28/week (a \$275 Value)

**"Basic Package"**

Learn the basics with:  
1-Personal Training Session  
8-Last Chance Workouts  
*Nutrition Class*  
Weekly Assignments  
\$13/week (a \$125 Value)

**"Entry Only"**

8-Last Chance Workouts  
Weekly Assignments  
*Nutrition Class*  
\$75

*Nutrition Class will be Tuesday, March. 6<sup>th</sup> 5:30pm (one-time).*

**Consent and Liability Waiver**

By signing below I agree to participate in the "Biggest Loser Challenge". This will include body measurements, *before* and *after* photos and an optional personalized training program. I realize my risk in participating in any exercise and nutrition program and fully accept all responsibility. I give my consent to Peak Health & Wellness to use my photo and name in any future publication or promotion if I am selected as a Semi-Finalist or Grand Prize Winner.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name \_\_\_\_\_ Member # \_\_\_\_\_  
 Email: \_\_\_\_\_ Phone# \_\_\_\_\_  
 Shirt Size: S / M / L / XL / XXL / XXXL  
 Team: BLUE / RED / YELLOW / GREEN / PURPLE (select at DESK)  
 Package: Success / Advanced / Basic / Entry Only (CIRCLE ONE)  
 (\$315) (\$225) (\$105) (\$75)  
**Non-Members Add \$100** for 8-weeks use of PEAK Post Falls (Temporary Membership)  
 Total: \_\_\_\_\_  
 Payment Received: Cash / Check / Acct. / Credit-Debit (Staff Initials: \_\_\_\_\_)