

4 Seasons Challenges through the Holidays!

\$30 Entry fee before October 15th

\$40 Entry fee after October 15th

Contest will run from October 29th through January 21st. A total of 12 weeks.

Work together with your teammates to earn points and win great prizes!!

Prizes are as follows:

1st prize- Individual prize. Highest # of points wins 6 mos free membership!

2nd prize- individual prize. Highest % of weight lost wins 3 mos free membership!

3rd prize- individual prize. Highest % of bodyfat lost wins \$100 gift card to Dick's Sporting Goods

4th prize- Team prize. \$25 gift certificate for each team member of the team that earns the highest combined # of points.

5th place- Team prize. One hour of personal training for each member of the team that wins the highest # of challenges.

*****PRIZES WILL BE GIVEN OUT ALONG THE WAY FOR CONTESTANTS THAT PARTICIPATE IN CHALLENGES!!!*****

Contest Details:

Contest kick off is October 29nd at 10 am. Contestants will be weighed and measured and will be placed on a team as decided by the trainers. PLEASE no special requests! We want to make the teams as fair and as even as possible for the competitions.

Contestants will be given the opportunity to earn points individually and also with their team members. We will be conducting 5 challenges throughout the duration of the contest where teams can compete for extra points.

Challenge Information:

Challenge 1- SPOOKTACULAR HALLOWEEN PUSH UP/PLANK CHALLENGE

Date- Thursday November 3rd at 7:30 pm.

Each team member will have 1 minute to perform as many pushups as he/she can. Contestants over 45 years of age can perform pushups on their knees. The team with the highest # of combined push up scores wins! For the plank, team members will hold a plank for as long as they can. The total amount of time will be added for each team, and the highest amount wins! The winning teams earn 15 extra points per team member.

Challenge 2- TURKEY BUTTERBALL (Wallyball) CHALLENGE

Date- Saturday, November 19th at 10:30 am

Teams will compete against each other in a wallyball tournament. The rules will be thoroughly explained at the beginning of the challenge. The team that places the highest on the tournament bracket wins an extra 15 points for each team member!

Challenge 3- SHOP TIL YOU DROP OBSTACLE COURSE/MESSY BACKYARD CHALLENGE

Date- Saturday December 1st at 10:30 am.

Teams will compete against each other for the fastest time in an obstacle course. The fastest team wins an extra 15 points for each team member. Teams will play an organized game of Messy Backyard. Rules will be explained at the time of the challenge. The winning team will earn an extra 5 points per team member.

Challenge 4- DON'T GET YOUR TINSEL IN A TANGLE TUG OF WAR CHALLENGE

Date- Wednesday, December 28th at 7:15 pm

This one is pretty self-explanatory. Teams will compete in a Tug-of-War Challenge. The winning team earns 15 points per team member.

Challenge 5- START A NEW YOU AND DO THE SQUAT ENDURANCE CHALLENGE

Date- Thursday, January 12th at 7:15 pm

Teams will compete with each other to see who can squat the longest amount of time. Modifications will be made for those contestants with knee issues. The times for the teams will be averaged depending on participants, and the team with highest average wins an extra 15 points for each team.

Point System

The purpose of the contest is to not only get in fabulous shape, but also to earn points for your team and as an individual.

Points are awarded as follows:

Every weigh in- 2 pts. Maximum of one a week.

Every % of body fat lost- 10 pts.

Every % of bodyweight lost- 25 pts (ex: Someone loses 5.7% of his/her bodyweight, he/she will earn 142.5 pts)

Every group x class taken- 2pts. Maximum is 2 pts a day.

Every hour of personal training completed- 2 pts

Every challenge participation- 5 pts

Every challenge win- 15 pts each for every member of the winning team.