



*The Training Room is taking a unique approach to defeat weight loss obstacles, we have a "Winning" program.*

## *Weight Loss Contest*



# *\$1,000.00 CASH Prize*

**Program will run 8 weeks again and there will be \$1,000.00 CASH prize to the winning team!**

*Starts  
October  
3rd*

*Sign up Now !*

*How do I join?  
Start collecting 3 friends to form a team of 4.*

*Here is the secret: Community and Competition. Sounds too simple? That's what we thought at first too. But it works, and it makes sense.*

## *The BIGGEST Winner ; Ending Thinner !*

### **Basic Contest Rules:**

- Entry fee \$100 per individual
- Contest is open to Members and Non-Members of the Training Room.
- All participants must weigh in without shoes.
- If you miss a weekly weigh in, you are not eligible for the weekly prizes the following week.
- Teams consist of 4 members and prizes will be awarded for the team with the greatest percentage of body weight lost during the contest.
- Teams Receive one Group Training Session per week. No rescheduling allowed.
- No refunds will be given once the contest kicks off on 10/03/2011 .
- All Contestants must complete a PAR-Q, Health Questionnaire, and Waiver.
- Contestants must train during their weekly scheduled training times; no makeup sessions or changes to a different team's session will be permitted.



### **Trainer's Tip**

*Find a buddy.....its much harder to stand up your partner and skip a workout then it is to find excuses for just yourself.*