



# betterbodychallenge

## 2018 CHALLENGE RULES!

**Registration Opens January 3rd at 9am and Closes on January 5th at 5pm**

**> ENTRY FEE:**

- \$179.99\* per person (Team of 3 required to participate in challenge)

**> INCLUDES:**

- 4 REV workouts per week
- Unlimited use of main gym
- 5 Group Fitness Classes

**> GRAND PRIZE:**

- **\$3000.00** to the team with the greatest overall net difference in body composition during contest.

**> ADDITIONAL PRIZES AWARDED:**

- Awards for 2nd and 3rd place teams
- \$500.00 to Biggest Overall Loser
- All finishers names will be placed into a draw for prizes

**> RULES OF CONTEST:**

- Three (3) people per team; must include at least one (1) non-member (no obligation to join).
- A team may consist of 3 non-members.
- Schedule of events:

Registration:	January 3rd – January 5th
Information Seminar:	January 9th at 7:00pm
Initial Weigh In:	January 11th & January 13th
Workouts Commence:	January 14th – March 9th
First Weigh In:	February 5th – 9th
Second Weigh In:	February 26th – March 2nd
Final Weigh In:	March 10th & March 13th
Awards:	March 20th at 7:00pm

- All contestants must complete a registration form and sign a waiver.
- Members and non-members are encouraged to complete a minimum of 4 REV workouts weekly (32 REV Workouts total) during the contest. A combination of Strength and cardiovascular training which you get from REV are recommended to achieve maximal results.
- To win the cash prizes, you must complete a minimum of 2 REV classes per week (16 total).
- 4 Mandatory Team weigh-ins. If any team member fails to weigh-in prior to the required dates the team will be disqualified. (It is the responsibility of the team, not Headwaters Racquet Club, to ensure each member of the team weighs in on time.)
- A minimum of 10 teams must participate in order to run the contest. A full refund will be given to each participant if the minimum requirements are not met.
- No refunds will be issued after registration fee is paid, with the exception of the minimum requirements not being met.
- Remember this is only **8 weeks of your life, give it your all and don't let your team down.**

**GOOD LUCK!!**

**> HOW YOU ARE JUDGED:**

- Your team is judged on the net difference in body composition. For example, if you lose 10 pounds of fat and gain 2 pounds of muscle mass your net difference is 12lbs. However if you lose 10 pounds of fat and you also lose 2 pounds of muscle mass your net difference is 8 lbs. Muscle loss counts against fat loss. This prevents people from starvation dieting and encourages exercise. We will be using our *Inbody* professional body composition analyzer to ensure accuracy.

**> REGISTRATION RULES:**

- Registration opens on January 3rd at 9am and will close at on January 5th at 5pm. Registration is available by phone or drop in. On January 5th at 5pm, if there are more teams than spaces, all teams will be put into a draw and successful teams will be picked at random. All teams (whether successful or not) will receive an email on the evening of January 5th. The successful teams will have until 3pm on Sunday January 7th to come in and complete registration (paperwork and payment). If all three team members are not fully registered with paperwork and payment complete by 3pm on January 7th, the team will lose its spot in the challenge. In this case, all registered team members will be refunded and the spot will be released to another team.

# \$3000 GRAND PRIZE

for the winning team!

\*plus applicable tax



P. 519.942.BALL  
info@headwatersracquetclub.com  
www.headwatersracquetclub.com