

# CHALLENGER COMPETITION

## 10-WEEK WEIGHT LOSS COMPETITION April 22-July 2

Employee Fitness Center



### What to Expect:

- Nutritional Counseling included & team sessions REQUIRED
- Create or join teams of 5 or 6 Competitors
- Teams will work out with their Personal Trainer 2x a week
- Challengers commit to 20 training sessions at \$10 per person
- Challengers are given weekly self-care habits to practice.
- Enjoy the camaraderie of the special WLC invite only, Hurricane workouts, dates TBD, and the team vs. team challenges.
  - Hurricanes dates given the week leading up to kickoff.
  - Weekend challenge May 28.
  - July 2 (final weigh-outs)

### Sign up here:

<https://www.signupgenius.com/go/70A054DA5AD22A5F58-weight3>



## Kickoff Meeting April 22

CHALLENGE RULES, TOOLS FROM NUTRITIONISTS AND ASSIGNMENT OF TEAMS & TRAINER

This is a mandatory meeting. Participants will be given the tools to be successful this season! You can ask questions and learn what you are committing to for the next 10

weeks. Please mark **April 22 at 6 p.m.** on your calendar.