

**JAN 5th  
TO  
MAR 28th**



## PRIZES

To be determined based on number of participating teams.

Teams are scored on  
20 % Weight Loss  
60% Workout Challenges  
20% Body Fat % Lost

## **Program includes:**

### **-Weekly Workout Challenges**

**Cardio, circuit, weight workouts included**

### **- 3 weigh-ins**

**Beginning, middle, and end of program**

### **- Participate in a mini triathlon**

**At the end of the program**

### **- A celebratory banquet**

**At the end of the program**



### **Survivor Cost:**

**Pairs of 2 – \$200 (each team)**

**Limit of 20 teams. Registrations will be accepted until program begins.**