



# LOSE IT to WIN IT



## 10 Weeks to Lose Weight and Win Money and Prizes

### HOW IT WORKS:

- The cost to participate is \$30 (\$15 goes in the "Kitty")
- **For each participant entered, \$15 will be donated to Journey 4 A Cure in support of pediatric cancer research.**
- Each participant must have an initial weigh-in conducted by an Ashburn Fitness Together staff member.
- The goal is to lose 5% of his or her body weight (initial weigh-in weight) in 10 weeks.
- Each week starting **Sunday, 11/13**, participants must weigh-in. If a weigh-in is missed, the goal weight is decreased by 1LB.
- Sunday to Saturday is considered a week.
- Only the 1<sup>st</sup> and last weigh-in must be witnessed by an FT staff member.
- At the end of the 10 weeks, those participants who achieve his or her "goal" weight will split the "Kitty."
- A final weigh in will be conducted at the Ashburn Fitness Together on January 21, 2012.
- All weigh-ins will be held at **44335 Premier Plaza, Ashburn, Virginia 20147.**



### **INITIAL WEIGH-IN: 11/7 – 11/12**

**Please call to arrange a weigh in or weigh in on Saturday, November 12<sup>th</sup> from 12-2pm.**

### OPTIONS:

*FT Basic:* \$30

*FT Plus:* \$99

- Polar Body Age Analysis
- 1 Personal Training Session

\*For more information or to register, please contact Joshua Champney at 703-858-9220 or FTAshburn@FitnessTogether.com

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone # (h) \_\_\_\_\_ (w) \_\_\_\_\_  
 (c) \_\_\_\_\_  
 E-mail address \_\_\_\_\_

Option:  Basic(\$30)  FT Plus(\$99)

Type of Payment:  Cash  Check  MasterCard  
 Visa  AMEX  Discover

Card #: \_\_\_\_\_ CODE \_\_\_\_\_ Exp Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Release: In consideration of making facilities and/ or services available. I do hereby for and on behalf of myself and heirs and legal representatives, release and forever discharge Fitness Together, its owners, manager, representatives from any and all claims and demands of every kind, nature and character which I may have or hereafter acquire for any and all damages or losses which may be suffered or sustained by me in connection with my activity and all

