

CFC Transformation FAQ Sheet

Overview of Program

By joining our 10-week Transformation Challenge, you are committing not only to yourself, but also to a team of individuals motivated to work hard and transform their health. Participants are expected to meet twice a week with their coach and teammates. The top three individuals with the most percent weight and percent body fat (combined) will win a prize. The top three teams with the most points will also win a prize. Complete the registration form today!

- **Challenge Dates:** February 12th thru April 21st
- Small group teams will be 5-6 people
- **Cost:** \$350 Members / \$450 Non-Members
- For the duration of the challenge, you will have access to the gym and all group fitness classes

When do I show up?

By joining the program, you are committing not only to yourself, but also to a team of individuals also motivated to work hard and lose weight. Each participant is expected to meet twice a week with the team they signed up for. Below is a list of all the *CFC Transformation Challenge* team meeting days and times.

- Tuesday/Thursday 6-7am – Shannon
- Monday/Wednesday 12:30-1:30pm – Marta
- Tuesday/Friday 8-9am - Liz
- Tuesday/Thursday 12:15-1:15pm - Christine
- Tuesday/Thursday 4:30-5:30pm – KC
- None / Individual Only

How do I win the challenge?

Participants registered for the team competition are automatically eligible to win the weight loss challenge. Prizes are awarded to the top 3 individuals with the highest percentage of weight lost + highest body fat percentage lost (combined total). The top three teams with the most points will also win a prize. Participants must be present at both the initial and final weigh-ins.

What do I win?

Top Team

1st place: 3 month CFC Membership + 10 pack of Group Fitness Classes

****Other prizes will be added – and will be announced later!***

Top 3 Individuals

1st place: 6 month Platinum Membership

2nd place: 3 month Platinum Membership

3rd place: 20 pack of Group Fitness Classes

What is the team challenge?

Throughout the 10 weeks, you will be working with your team to complete challenges and accumulate the most points. Challenges are designed to not only push your physical abilities, but also motivate you to keep on track with your fitness goals.