

2025 CFC Fall Transformation Challenge FAQ Sheet

Teams and meeting days/times

- Wednesday/Friday 6-7am – Shannon
- Peter Mon/Sat 6:30am and 7am
- Tuesday/Friday 8-9am – Marta
- Tuesday/Thursday 4:30-5:30pm – KC

How to win the individual challenge

- Must be present for only the initial and final weigh ins
- Weight loss and body fat loss are calculated as a percentage
- Weight loss and body fat loss percentages will be combined

How to win the team challenge

- Have the highest accumulation of points by the end the 10 week challenge

How to earn points for the team challenge

- Check into the gym
 - Each visit will count as 1 point
 - **Maximum 1 visit/day/team member**
 - Must specify you are checking in for Transformation Challenge with front desk
 - Total number of points will be averaged week to week
- Participate in a group exercise class
 - Each class taken will count as 1 point
 - Must sign up on Classbug and check-in at the front desk before or after class
 - Total number of points will be averaged week to week
- Complete a challenge
 - Each week you will receive a new challenge
 - Each challenge completed will count as 5 points

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. Each participant is 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 team with the most points will also win a prize.

- Challenge Dates: September 15th through November 22nd
- Small group teams will be 5-6 people
- Cost: \$375 Members / \$475 Non-Members
- For the duration of the challenge you will have access to the gym and all group fitness classes.