

## 2026 CFC Fall Transformation Challenge Information

### Teams and meeting days/times

- Wednesday/Friday 6-7am – Shannon
- Monday/Wednesday 6:30-7:30am – KC
- Tuesday/Friday 8-9am – Marta
- Tues/Thurs 1:30-2:30pm - Shannon
- Tuesday/Thursday 4:30-5:30pm – KC

### How to win the individual challenge

- Must be present for 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 Bonus 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: February 23<sup>rd</sup> – May 2<sup>nd</sup>
- Small group teams will be 4-8 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.

## 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 team with the most points will also win a prize. Complete the registration form today!

### ***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 team 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**

1<sup>st</sup> place: 3 month CFC Membership + 10 pack of Group Fitness Classes

#### **Top 3 Individuals**

1<sup>st</sup> place: 6 month Platinum Membership  
2<sup>nd</sup> place: 3 month Platinum Membership  
3<sup>rd</sup> 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.