

"Thin to Win" The Fitness Gap Challenge 2014

Registration 11/25-12/31/13

Registration Fees:

- \$25 Members
- \$50 Non - Members
- \$85 Returning members w/ 3 month membership - Includes T-shirt, fitness evaluation, nutritional information, member priced Spinning, Zumba and Boot camp classes. Certified personal trainers will be available at an additional fee to help create the most effective workout plans for your fitness goals.

**Regular Prices \$100 / 3 months
Thin to Win Members \$60/3 months**

**Date: 01/02/2014 - 03/27/2014
Awards Ceremony to be held
3/28/14 @ 6:00 pm**

All participants are asked to attend weekly weigh-ins as well as bi-weekly information sessions.

Get motivated to make this year your healthiest year. The Fitness Gap wants to help you to be the best you can be. We will provide motivation, guidance, and overall support for your transition to a healthier lifestyle. Trainers and Nutrition Specialists will be available at bi-weekly meetings to assist in proper workout techniques and healthy meal plans.

**The Fitness Gap Hours:
5 am - 11 pm Sunday - Saturday**

**For more information or to register call:
BillieJo: 607-745-6628
Email: billiejo_urda@yahoo.com**



PRIZES

First Prize Cash prize plus a 6 month membership to The Fitness Gap
Second Prize Cash prize plus a 3 month membership to The Fitness Gap

Prizes awarded for top 2 men and top 2 women participants with highest % lost. Prizes based on # of participants.

Additional Prizes will be awarded based on participation and weight loss.

Mail or drop off entry form to:

Fitness Gap LLC
4292 Fairgrounds Drive
Cortland, NY 13045

Dates and times of weigh-ins will be determined by staff availability.

Name _____

Address _____

Phone _____

T-shirt Size: S M L XL

Sex _____ Age _____

Waiver: You will be required to complete a fitness waiver prior to participating in the "Thin To Win" Fitness Gap Challenge. These can be picked up at The Fitness Gap located in the JM McDonald Sports Complex

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____