



Hydra Fitness

## Weight Loss Challenge!!!

8 Week weight loss challenge beginning on January 16, 2017 and ending on March 13th.

### Prizes:

**First Place: One year membership with 10 personal training sessions (\$500 value) or Hydra smartwatch (\$75), weight loss supplement pack (\$150), and Hydra Gear (\$75)**

**Second Place: 6 month Membership with 5 personal training sessions (\$230 value) or Hydra Smart watch (\$75), Supplement pack (\$75), and Hydra Gear (\$30)**

**Third Place: 2 month membership or Hydra Smart watch (\$75 value)**

**Winning team receives surprise gifts!  
Have to win to find out!**

**\*Prizes dependent on number of participants**

- Cost is \$100 per participant. Over \$1,000 in prizes!!

### What you Get!

- Once a week team personal training session with weekly workout plans
- Weekly educational meetings to educate and motivate (all participants)
- An accountability team and team prizes for winning team with highest average
- Personalized diet and supplement planning
- 2 meetings with a Nutritionist
- First, second, and third place prizes

### Rules:

- Must be (or become) a member of Hydra Fitness
- Is based on body weight percentage lost (100lbs—10 lbs =10%, 200lbs—20 lbs = 10%)
- Must weigh in and weight out in person to compete.
- Minimum of 4 people per team and maximum of 8.

Hydra Fitness

Fitness for All

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# WEIGHT LOSS CHALLENGE

## THE PLAN

<b>Date</b>	<b>Class</b>	<b>Where</b>
Monday Jan 16, 6:30pm	Initial weigh in and Diet/ Nutrition class	At Hydra
Monday Jan 23, 6:30pm	Intro to supplements	At Hydra
Monday Jan 30, 6:30pm	Intro to cardio and heart rate	At Hydra
Monday Feb 6, 6:30pm	Intro to strength and form push	At Hydra
Monday Feb 13, 6:30pm	Mid-session weigh-in and nutri- tion class	At Hydra
Monday Feb 20, 6:30pm	Intro to strength and form pull	At Hydra
Monday Feb 27, 6:30pm	Intro to strength and form legs	At Hydra
Monday Mar 6, 6:30pm	Intro to bootcamp	At Hydra
Monday Mar 13, 6:30pm	Final weight and Celebration	At Hydra

Team 1 meeting time	Saturdays at 10:30am
Team 2 meeting time	Mondays at 4:00pm
Team 3 meeting time	Tuesdays at 6:30pm
Team 4 meeting time	Fridays at 5:00pm
Team 5 meeting time	Consensus

*Welcome to the first of many Hydra Fitness weight loss challenges! You are signing up for an experience beyond value. This is the first step of a lifetime journey to an overall healthier you! Even if you do not win this contest you will gain the knowledge, relationships, confidence, and wellbeing that will last forever.*

*Best of luck in your weight loss journey!*

*Dusty Read*

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

E-mail: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Team requested: \_\_\_\_\_

What do you hope to get out of this? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ Office use \_\_\_\_\_

Payment type: \_\_\_\_\_

Weigh in: \_\_\_\_\_ lbs

Weigh out: \_\_\_\_\_ lbs