

# JULIE'S FITNESS STUDIO PRESENTS:



## JANUARY **TEAM** WEIGHT LOSS CHALLENGE

NEED A LITTLE HELP GETTING MOTIVATED TO DROP THAT EXTRA WEIGHT? GRAB YOUR SPOUSE OR SIGNIFICANT OTHER, PARENT/CHILD, SIBLING OR FRIEND AND LET'S GET STARTED. WE ARE LOOKING FOR 15 COUPLES TO COMPETE AGAINST EACH OTHER IN AN 11-WEEK CHALLENGE FOR THE CHANCE TO WIN THE GRAND PRIZE! CHOOSE YOUR PARTNER WISELY; YOU WILL BOTH BE RESPONSIBLE FOR EACH OTHER'S SUCCESS! IF YOU DON'T HAVE A PARTNER WE WILL FIND ONE FOR YOU.

### 11 Week Challenge includes:

- Grand Prize for highest % of weight lost
- Grand Prize for most points earned
- Monthly Coaching
- Beginning and ending weigh-ins & measuring
- 3 Free spin classes for you and a friend
- Chances to win monthly prizes



### Prizes:

- Grand prize will be given away to 2 winning teams. Each team member will receive a day of spa services at Serenity Health and Wellness Center.
- Monthly prize for the team with the most points earned.
- Monthly ticket drawing. Tickets can be earned by weighing in weekly with your teammate.



**Jan 6th – March 24th**

**Registration & weigh-in  
in Jan 6th.**

**8:00am – 12:15pm**

**\$50 Entry Fee  
(Members)**

**\$100 Entry Fee (Non-  
Members)**

**Final weigh-in  
March 24<sup>th</sup> Time: TBA**

### **JULIE'S FITNESS STUDIO**

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**JULIE'S** **FIT**  
**NESS**  
**STUDIO**

TO INSPIRE, MOTIVATE & CREATE A BETTER YOU