

# PRINCETON CLUB

## BIGGEST LOSER WEIGHT-LOSS CONTEST



## Princeton Club West

### 1/6/24 - 3/30/24

### How it works:

1. Choose from one, two, three or more groups to train per week.
2. All participants must come to the initial weigh-in **Saturday, January 6**.
  - a. The weigh-in process will begin at **10am**.
  - b. Weight will be taken and pictures are optional.
  - c. Location: West Side Club
3. Participants must go to the final weigh-in **Saturday, March 30 at 10am** at the West Side Club.
4. Weigh in once a week with your trainer.
5. You must complete all of the listed above or you will be disqualified.
6. Optional challenges will be presented to you in class and you must complete it by the following week (Weeks 3, 6, and 10).
  - a. You will be put into a prize raffle if you show your completed challenge to 1 trainer.
7. Male and Female winners are determined by highest percentage of weight lost

# How to enter:

## 1. Online Member Registration

- a. Scan the QR code or follow the link from our [website](#):
  - b. Use your Princeton Club login credentials to login to the Member Portal.
  - c. From the Member Portal, click 'Register for Classes'
  - d. Navigate to "Biggest Loser"
  - e. Choose which sessions in which to register.
  - f. Navigate to the top of the page and click on 'Cart' to check out.
2. Need help registering? Contact Jake or Ethan (Contacts below)

# Biggest Loser Packages Include:

1. Weekly 60 minute workout(s) with the group(s) of your choice
2. Raffle Drawing for prizes if you complete the challenges.
3. Two InBody Scans (Week 1 and 12)
4. Nutritional advisement session with one of our nutrition coaches on January 6th
5. Free Boot Camp classes:
  - a. Saturday, January 13
  - b. Saturday, February 10
  - c. Saturday, March 9

# Packages/Pricing:

- 1 class/week – \$240 (\$20 per class)
- 2 classes/week – \$432 total (\$18 per class)
- 3 classes/week – \$576 total (\$16 per class)
- 4 classes/week – \$768 total (\$16 per class)
- 5 classes/week – \$960 total (\$16 per class)

\*Non-Members are welcome for an additional \$15 flat fee\*

Once you are signed up for the program you are eligible to purchase 24 sessions of personal training for 10% off! Discounted sessions must be purchased by March 30, 2024 at 12PM.

# Prizes:

## Top Male and Female:

6 month membership for a friend  
Theragun Mini  
3 months hydromassage  
\$100 Club Cash

## 2nd Place overall:

3 month membership for a friend  
\$75 Club Cash  
2 months hydromassage

## 3rd Place overall:

1 month membership for a friend  
\$50 Club Cash  
1 Month hydromassage

# Rules & Guidelines:

- The Initial weigh-in on **Saturday, January 6 at 10am** and the final weigh-in on **Saturday, March 30 at 10am** are mandatory. We **MUST** do an official weigh-in for you to be eligible to win the contest.
- Participants must weigh in once a week with their trainer.
- For the initial and final weigh-ins, participants should wear normal workout clothes. (T-shirt, shorts or workout pants and socks.) Shoes will be removed and there can't be anything found in pockets. (NO JEANS or SWEATSHIRTS-This will be strictly enforced).
- In order to be placed in the raffle, you must complete the optional challenges. Challenges will be presented to you in class and you must complete it by the following week.
- Princeton Club strongly advises all contestants to lose weight safely following healthy eating and exercising habits. There are many resources at the club to assist you with losing weight in a healthy manner. We strongly discourage skipping meals, starving yourself before weigh-ins or excessive exercising that is unsafe. Our nutritional coaches can expand upon these suggestions as needed.
- The winner will be determined by the top participant who loses the largest percentage of body weight.
  - If there is a tie, the winner will be determined by who lost the most actual pounds.
  - To qualify for the top prize, all requirements of the contest must be met with no exceptions.
- All rules are enforced on all participants with no exceptions. It is the participants' responsibility to read and understand the rules and guidelines.
- Contest is contained to the West side club only. West side contestants cannot jump into any other Princeton Club Biggest Loser groups or participate in their program and vice-versa. Members, however, can use the other clubs to work out on their own per their membership agreement.

# Contact Information:

**Program Director:**

Jake Bruecker

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**Program Co-Director:**

Ethan Urban

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