

PRINCETON CLUB **#FORABETTER TOMORROW**

Princeton Club East

Biggest Loser Program **Spring 2024**

February 2 - April 27, 2024

Informational Packet

Princeton Club Biggest Loser

The Biggest Loser contest is designed to help you create and maintain long term fitness results through accountability, motivation and education. This contest will provide you with the right tools to burn fat, enhance lean muscle and develop cardiovascular fitness, with the chance to win some prizes along the way!

Objectives:

Individual: Compete against other participants to lose the highest total percentage of body weight in 12 weeks.

*If there is a tie, the award will go to the contestant with the most actual pounds lost**.

Group: Be part of the group that collectively loses the highest total percentage of their body weight.

Hack: The more groups you join the better chance you have to win!

*If there is a tie, the award will go to the group that loses the most actual pounds collectively.

Winners: There will be one male, one female and one team Grand Prize Winner.

12 Week Program - February 2 through April 27

Registration Deadline: Wednesday, Jan. 31, 2024, 11:59 p.m.

How it Works:

1. Choose from one, two or three groups to train per week.
2. All participants must come to the initial weigh-in Friday, February 2. at 5 p.m. Weight will be taken, an InBody scan will be provided. Photos will also be taken but are optional. *Location:* East club
3. Participants must go to the final weigh-in Saturday, April 27 at 9 a.m. at the East club.
4. Report your weight to your class trainer weekly. *If you are in multiple groups, you will need to report your weight to each trainer, each week.
5. You must complete all of the listed above or you will be disqualified.
6. **BONUS:** Submit a weekly food log to your trainer. Each week of logging earns one entry to a prize drawing and will improve your rate of success over 12 weeks. The log must be complete and submitted to your trainer by your selected class time each week. Discuss with your trainer how to best submit food log (i.e. MyFitnessPal, email, screenshot, printed, etc...)

To Enter:

- Choose how many groups you would like to join (max of 3)
- Select the days/times that work best for you
- Register through a Personal Trainer. *If you are an Xpress member, sign up with Brett Sommers. Xpress members are allowed to join teams at the East side club.
- Consider inviting a friend or family member to join you. Accountability improves success rates. Non-members are welcome too!
- ** Max of 12 participants per group. Spots fill up very quickly so register now! **

Contestant Packages/Pricing

Biggest Loser Packages Include:

- Weekly 60 minute workout(s) with the group(s) of your choice
- Review and feedback on weekly food journals
- Healthy recipes and nutrition counseling
- Opportunity to compete in multiple challenges **Week 3, Week 7, Week 10**
- Nutrition Counseling Session
- Most Inspiring awards
- Raffle Drawing for Prizes. You will be put into the raffle if you give a food journal to one trainer per week
- Free Boot Camp class taught by our trainers: **(Week 4) Trainer TBD - Sunday, Feb. 25 at 11 a.m. in the gymnasium and (Week 8) Trainer TBD - Sunday, March 24 at 11 a.m. in the gymnasium**

Pricing

1 class for all 12 weeks - \$240

We offer a multi-class discount. If you take multiple classes, you will receive:

Sign up for 2 classes/week – get 10% discount (\$432 total)

Sign up for 3 classes/week – get 20% discount (\$576 total)

****Must sign-up with a trainer to receive the multi-class discount.**

- **Take advantage of our club-wide Personal Training sale beginning Feb. 1, which features 15% off any training package. These special discounted rates expire at 11:59 p.m. Thursday, Feb. 29, 2024.**

Non-Members are WELCOME!!!

Non-member added surcharge: \$15 flat fee

Prizes:

Top male and female: Will each win 5 FREE Personal Training sessions + FREE round of Biggest Loser Continuation (**8 weeks of group training with any group/any trainer.**) Winners will also receive 2 months FREE Hydro massage.

2nd place male and female: Will each win 3 FREE Personal Training sessions + 50% off one round of Biggest Loser Continuation (**8 weeks of group training with any group/any trainer.**). Winners will also receive 2 months FREE Hydro massage.

3rd place male and female: Will each win 3 FREE Personal Training sessions. Winners will also receive 2 months FREE Hydro massage.

Top group: Each member of the group will receive club cash, 2 months FREE hydromassage and each participant will receive a FREE round Biggest Loser Continuation (**8 weeks of group training with your same group and trainer.**).

MVP Week 5 and 9: Each team will select an Most Inspiring Person (someone who leads and inspires by example). Each team's winner will receive a prize. You may NOT vote for yourself.

**Discounts cannot be combined. If you win multiple discount prizes, they must be redeemed separately. The Free and discounted continuation prizes are valid on the immediate continuation classes we offer once this program ends only.*

Trainers and Times

*** Choose from any time***

Day	Time	Trainer	Email
Monday	9 a.m.	Austin	austin.sherven@princetonclub.net
Monday	10 a.m.	Jeff	jeff.arevalo@princetonclub.net
Monday	1:30 p.m.	Diana	diana.galindo@princetonclub.net
Monday	4:30 p.m.	Aarika	aarika@princetonclub.net
Monday	5 p.m.	Tanner	tanner.bruchs@princetonclub.net
Monday	6:30 p.m.	Amanda	azielinski@princetonclub.net
Tuesday	2 p.m.	Kristin	kristin.zais@princetonclub.net
Tuesday	5 p.m.	Brett	brett.sommers@princetonclub.net
Wednesday	9 a.m.	Austin	
Wednesday	11 a.m.	Diana	
Wednesday	4 p.m.	Benjamin	benjamin.gavin@princetonclub.net
Wednesday	6:30 p.m.	Tanner	
Friday	8 a.m.	Kristin	
Friday	10 a.m.	Jeff	
Friday	4:30-5 p.m.	TBD	
Saturday	8 a.m.	Amanda	
Saturday	9 a.m.	Austin	
Saturday	10 a.m.	Amanda	

** Offered class times subject to change. This is not an official list of class times once the contest begins Feb. 2. An updated list of confirmed class times will be released after the contest registration deadline. Classes that don't reach the minimum of four participants will not run. Anyone signed up for a class that doesn't run can either transfer to a different class or receive a refund.

*** If a participant misses a group session due to work, illness, travel, etc. they may make it up in another group that week. In order to schedule a make-up, the participant must contact their trainer to schedule their makeup. Participants cannot change their group permanently once the program has begun.

Princeton Club Biggest Loser Rules and Guidelines:

1. The Initial weigh-in on **Friday, Feb. 2 at 5 p.m.** and the final weigh-in on **Saturday, April 27 at 9 a.m.** are mandatory. We **MUST** do an official weigh-in for you to be eligible to win the contest.
2. Participants must weigh in once per week. All participants in a group will weigh in before their group workout and report their weight to their trainers before each scheduled workout. If you are in multiple groups, you don't have to weigh in every class, but you need to report your weight to your trainer at each workout.
3. For the initial and final weigh-ins, participants should wear **workout attire**. (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**).
4. In order to be placed in the raffle, you must turn in a weekly food journal. Food journals will be tracked through MyFitnessPal or other food tracking app. If you do not have access to the internet, let your trainer know before the contest begins.
5. Challenges will be presented to you in class during Weeks 3, 7 and 10. You must complete it by the following week. If you complete a challenge, you will receive a 0.25% advantage toward your weight for that week.
6. 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. (Your trainer can expound upon these suggestions if needed).
7. If you do not lose weight for 2 consecutive weeks, please contact your trainer to review your current workout routine and nutrition plan.
8. 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 largest percentage of body weight without challenge points. If there is still 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.
9. All rules are enforced on all participants with no exceptions. It is the participants' responsibility to read and understand the rules and guidelines.
10. Contest is contained to the East side club only. East side contestants cannot jump into the West side groups or participate in their program and vice-versa. Members, however, can use the west clubs to work out on their own per their membership agreement.
11. Prorated registration fees will not be allowed.
- 12. No refunds will be given once the program begins.**

Program Director:

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Co-Director:

Austin Sherven austin.sherven@princetonclub.net