

# PRINCETON CLUB

## #FORABETTER TOMORROW



**Spring 2025**

**Open: Friday, Feb. 7, 9 a.m. - 6 p.m.**  
**Close: Saturday, May 3, 9 a.m. - 1 p.m.**

***Information Packet***

## **Princeton Club F12**

The F12 program is designed to help you create and maintain long term fitness results through accountability, motivation, education and lifestyle routine. This contest will provide you with the right tools to implement small changes that will lead to big results.

F12 will lead you to healthy changes like increased muscle tone, definition and strength, improved cardiovascular fitness, decreased body fat and sustainable nutrition habits — plus you get to win some prizes along the way!

F12 is not only dedicated to getting you physical results, but our training staff's goal is to do our best to make this 12 weeks fun for you and easier than ever to come to the gym on a regular basis. There will be games, challenges and prizes along the way.

### **Individual Objectives:**

1. Compete against other participants and yourself, to improve across a variety of strength and conditioning standards, improve body composition and develop sustainable, long-term health and fitness habits.
  - a. Participants will have the choice of using percentage of body weight lost or a combined metric of muscle mass gained, body fat percentage reduced and athletic performance improvement, depending on their own goals.
  - b. Participants will track a variety of lifestyle habits (Gym check-ins, F12 Program attendance, GroupEx class attendance, daily food logs, steps and athletic standards (i.e. pushups in 60 seconds), etc...
  - c. Participants will perform a series of weekly, in-class challenges. Each challenge will have the ability to be compared to repeat performances during the program.
  - d. Participants will have the opportunity to compete in self-led submission challenges (self-recorded video submissions).

### **Team Objectives:**

1. Be part of the group that collectively builds the largest amount of muscle mass and drops the highest percentage of body weight, depending on class participant goals.
2. Attend the highest percentage of classes over the course of 12 weeks.
3. TAG TEAMS. Sign-up as pairs and compete against other teams of two. AKA Accountability Buddies! (THIS IS OPTIONAL and for fun).

### **Lifestyle Objectives:**

Developing lifestyle changes that have short- and long-term benefits to your overall health and fitness can be hard to build, but we've come up with a formula to help keep things as simple as possible and incentivize the early (and toughest) stages of habit building and lifestyle change.

1. Physical Activity
  - a. F12 Class Attendance
  - b. GroupEx Class Attendance Punch Card
  - c. Personal Training/Small Group Training
  - d. Princeton Club Check-ins
  - e. Daily Steps
  - f. Weekly Challenges

2. Nutrition
  - a. Weekly Food Journals
3. Fun/Enjoyment
  - a. Contest T-Shirts! (SIGN UP EARLY to make sure you get your shirt at program kickoff)
  - b. Theme Weeks
    - i. (Week 1) TBD
    - ii. (Week 2) TBD
    - iii. (Week 3) TBD
    - iv. (Week 4) TBD
    - v. (Week 5) TBD
    - vi. (Week 6) TBD
    - vii. (Week 7) TBD
    - viii. (week 8) TBD
    - ix. (Week 9) TBD
    - x. (Week 10) TBD
    - xi. (Week 11) TBD
    - xii. (Week 12) TBD
  - c. Most Inspirational Awards at Closing Ceremonies
    - i. Each class will vote for one person in their class "Most Inspirational." That person will receive a prize at the closing ceremonies.
  - d. Weekly Wellness Walks (30 minutes, 3x per week) as a group. Just show up for the opportunity to socialize as you walk the track and get a few extra steps.
    - i. Tuesdays 7:30-8 a.m.
    - ii. Wednesdays 5-5:30 p.m.
    - iii. Thursdays 6-6:30 p.m.
4. Program Accountability
  - a. Weekly Snapshot Emails
    - i. Recipes
    - ii. Health Tips
    - iii. Motivation
    - iv. Weekly Theme Announcements
    - v. Periodic Out-of-Class Challenges
  - b. Nutrition Feedback
  - c. Daily Wellness Checklist
  - d. Build-A-Workout Template
  - e. Facebook Group
  - f. Class Consistency
    - i. Weekly Challenges
    - ii. Warm-up Periods
    - iii. Food Journal Feedback
    - iv. Q&A
  - g. Progress Tracking
    - i. Body Weight
    - ii. Athletic Standards
    - iii. Challenge Progression
  - h. Discount for future programs if you maintain or improve your progress between programs.

### Prizes:

- Once per week club cash drawing, based upon attendance taken by trainers each week. One entry only. One winner will be chosen each week for \$10 Club Cash.
- Food Journal Door Prizes. One entry for every week with a successfully completed food log. Must include calories and macros (proteins, carbs and fats) for each day and submitted to your class trainer.
- Prizes given out to the Top 3 finishers in each category (weight loss/athletic performance). One team will be named the overall champion. Win personal training, free class registrations, massage, pickleball punch cards, gift cards, club cash and more!

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

### 12 Week Program - Friday, February 7, 2025 through Saturday, May 3, 2025

**Registration Deadline: Wednesday, Feb. 5, 2025 at 11:59 p.m.**

**All participants will receive a contest T-shirt, but early registrations will get their shirt at an earlier date**

### How it Works:

1. Choose from one, two or three groups to train per week.
2. All participants must come to the Opening Ceremonies Friday, Feb. 7. Weight will be taken, an InBody scan will be provided. Athletic performance tests will be completed. Photos will also be taken but are optional. *Location:* East club
3. Participants must attend Closing Ceremonies Saturday, May 3 at the East club in order to be eligible for any prizes.
4. Report your bodyweight once per week to your trainer. \*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 that contains calories and macronutrients (protein, carbs, fats). 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 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**

#### Fit & Focused Packages Include:

- Weekly 60 minute workout(s) with the group(s) of your choice
- Review and feedback on weekly food journals
- Nutrition Counseling Session: **Date TBD**
- MIP (Most Inspirational Person). One person from each class, announced with a prize at Closing Ceremony.

- Raffle Drawing for Prizes. You will be put into the raffle if you give a food journal to one trainer per week
- Numerous opportunities for winning and prizes.
- Multiple weekend Boot Camps taught by our trainers: **(Week 4) Sunday, March 2, 11 a.m. in the studio or gymnasium and (Week 8) Sunday, March 30 at 11 a.m. in the training studio or gymnasium.**

### Pricing

Sign up for 1 classes/week (12 Total Classes) — \$275

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

Sign up for 2 classes/week (24 Total Classes) – get 10% discount (\$495)\*\*

Sign up for 3 classes/week (36 Total Classes) – get 15% discount (\$701.25)\*\*

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

### Non-Members are WELCOME!!!

**Non-member added surcharge: \$15 flat fee**

### Prizes:

**Top Weight Loss & Muscle Builder** - Will each win 5 FREE Personal Training sessions + FREE second class in next F12 Competition (with purchase of first class) **(12 weeks of group training with any group/any trainer.)** Winners will also receive 2 months FREE Hydro massage.

**2<sup>nd</sup> place Weight Loss & Muscle Builder** - Will each win 3 FREE Personal Training sessions + 50% off second class in next F12 competition (with purchase of first class) **(12 weeks of group training with any group/any trainer.)**. Winners will also receive 2 months FREE Hydro massage.

**3<sup>rd</sup> place Weight Loss & Muscle Builder** - 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 second class in next F12 Competition (with purchase of first class) **(12 weeks of group training with any group or trainer.)**.

**CLASS MIPs:** Each team will select a Most Inspirational Person (someone who leads and inspires by personal example and encouragement of others). 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 following F12 contest only.*

## Trainers and Times

\*\*\* Choose from any time\*\*\*

<u>Day</u>	<u>Time</u>	<u>Trainer</u>	<u>Email</u>
Monday	6 a.m.	Joe Willis	joe.willis@princetonclub.net
Monday	9 a.m.	Austin Sherven	austin.sherven@princetonclub.net
Monday	5 p.m.	Clay Callen	clay.callen@princetonclub.net
Monday	6:30 p.m.	Amanda Zielinski	azielinski@princetonclub.net
Tuesday	6 a.m.	Joe Willis	joe.willis@princetonclub.net
Tuesday	5 p.m.	Amanda Zielinski	azielinski@princetonclub.net
Wednesday	6 a.m.	Brett Sommers	brett.sommers@princetonclub.net
Wednesday	12 p.m.	Austin Sherven	austin.sherven@princetonclub.net
Wednesday	6:30 p.m.	Austin Sherven	austin.sherven@princetonclub.net
Thursday	5 p.m.	Benjamin Gavin	<a href="mailto:benjamin.gavin@princetonclub.net">benjamin.gavin@princetonclub.net</a>
Thursday	6:30 p.m.	Trainer TBD	
Friday	7:30 a.m.	Craig Hrubes	craig.hrubes@princetonclub.net
Saturday	9:15 a.m.	Austin Sherven	austin.sherven@princetonclub.net

\*\*\* 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 Fit & Focused Rules and Guidelines:

1. The initial weigh-in is drop-in style on **Friday, Feb. 7**. You may stop by the club any time between 9 a.m. and 6 p.m. to receive your InBody scan and perform athletic testing to get started. The final weigh-in is on **Saturday, May 3** from 9 a.m. to 1 p.m. in similar format. Attendance is mandatory for both dates. We **MUST** do an official weigh-in or athletic evaluation for you to be prize eligible. Audits are welcome.
2. Participants must report an updated weight each week, unless auditing. This can be done on any scale. If you are in multiple groups, you don't have to weigh in before 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 **athletic 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 closing ceremony door prize raffle, you must turn in a weekly food journal. Food journals will be tracked through MyFitnessPal or other food tracking app. Food journals must include calories and macros. If you do not have access to the internet, let your trainer know before the contest begins.
5. Out-of-class challenges will be presented periodically. 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 follow safe and healthy eating and exercising habits. 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. A winner will be determined by the top participant in each category. The participant who loses the largest percentage of body weight and the participant who combines for the greatest percent change in skeletal muscle mass, drop in percent body fat and improved athletic performance metric, respectively, will win.
  - a. In the case of a tie for largest percentage of body weight lost, 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.
  - b. In the case of a tie for percentage of muscle mass gained combined with percent change in improved athletic performance test, the winner will be determined by who gained the most amount of muscle mass in weight.
8. All rules are enforced on all participants with no exceptions. It is the participants' responsibility to read and understand the rules and guidelines.
9. The Contest is contained to the East side club only. East side contestants cannot jump into the West side groups or participate in their programs and vice-versa. Members, however, can use other Princeton Club locations to work out on their own per their membership agreement.
10. Prorated registration fees will not be allowed.
11. **No refunds** will be given once the program begins.
12. You must sign and submit this form.

Participant Name: \_\_\_\_\_; Participant Signature: \_\_\_\_\_

Date: \_\_\_\_\_;    **Shirt Size**        **S**        **M**        **L**        **XL**        **2XL**        **3XL**        **4XL**

Program Director: Brett Sommers [brett.sommers@princetonclub.net](mailto:brett.sommers@princetonclub.net)

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