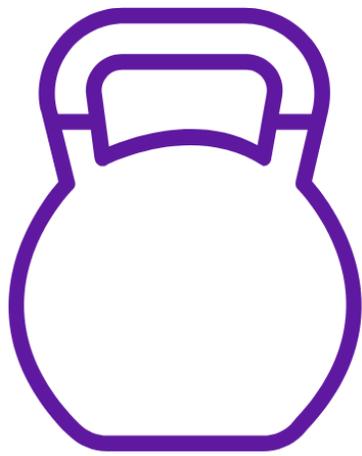


# PRINCETON CLUB

## #FORABETTER TOMORROW



# FIT & FOCUSED

---

12-WEEK LIFESTYLE CHALLENGE

## Spring 2026

Open: Friday, Feb. 6, 9a-12p, 4p-6p

Close: Saturday, May 2, 9a-12p

*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 teach you how to make healthy changes to increase muscle tone, definition and strength, improve your cardiovascular fitness, decrease body fat and build 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 throughout the program.

### 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 (45% of your score), body fat percentage reduced (35%) and athletic performance improvement (20%), depending on their own goals.
  - b. Participants will track and be tracked on a variety of lifestyle habits (i.e. F12 Program attendance, GroupEx class attendance and daily food logs).
  - c. Participants will perform a series of weekly, in-class challenges. Each challenge will have the ability to be compared to previous performances during the program, to show progress.

### 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 F12 classes over the course of 12 weeks.

### 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 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
  - b. Nutrition Q&A with Certified Sports Nutrition Coach and Director Brett Sommers

3. Fun/Enjoyment
  - a. Contest T-Shirts! (SIGN UP EARLY to make sure you get your shirt at program kickoff)
  - b. Weekly themes or brainteasers
  - c. Most Inspirational Awards
    - i. Each class will vote for one person in their class "Most Inspirational." That person will receive a prize after closing ceremonies.
  - d. Weekly Wellness Walks. Designated times to walk the gym track as a group and socialize. Just show up for the opportunity to socialize as you walk the track and get a few extra steps.
4. Program Accountability
  - a. Weekly Snapshot Emails
    - i. Recipes/Health Tips
    - ii. Program Updates
    - 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 of the week and submit 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 and discounted 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 6 through Saturday, May 2, 2026

Registration Deadline: **Wednesday, Feb. 4, 2025 at 11:59 p.m.**

**All participants will receive a contest T-shirt.**

How it Works:

1. Choose from one, two or three groups to train per week (There are multi-class discounts).
2. All participants must come to the Opening Ceremonies Friday, Feb. 6. Weight will be taken, an InBody scan will be provided. Athletic performance tests will be completed. Photos will also be taken but are optional (albeit recommended). *Location:* East Personal Training Studio
3. Participants must attend Closing Ceremonies Saturday, May 2 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: **Saturday, Feb. 7 at 11:30 a.m. with Certified Sports Nutrition Coach and Personal Training Director Brett Sommers**
- MIP (Most Inspirational Person). One person from each class, announced with a prize at the 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 1, 11 a.m. in the studio or gymnasium and (Week 8) Sunday, March 29 at 11 a.m. in the training studio or gymnasium.**

## **Pricing**

Sign up for 1 class/week (12 Total Classes) — \$300 (\$25 per class)

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 (\$540; \$22.50/class)\*\*

Sign up for 3 classes/week (36 Total Classes) – get 15% discount (\$765; \$21.25/class)\*\*

**\*\*Not available online. Must sign-up with a trainer to receive the multi-class discount.**

## **Non-Members are WELCOME!!!**

**Non-member added surcharge: \$15 flat fee, regardless of number of classes**

### **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. **OVER \$600 PRIZE VALUE**

**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. **OVER \$300 PRIZE VALUE**

**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. **OVER \$175 PRIZE VALUE**

**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.)**. **OVER \$300 PRIZE VALUE for each team member**

**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	7 a.m.	Amanda Zielinski	azielinski@princetonclub.net
Monday	9 a.m.	Jeff Arevalo	jeff.arevalo@princetonclub.net
Monday	10:15 a.m.	Kristin Zais	kristin.zais@princetonclub.net
Monday	5:15 p.m.	Crystal Lanphier	crystal.lanphier@princetonclub.net
Monday	6 p.m.	Joe Willis	joe.willis@princetonclub.net
Tuesday	10 a.m.	Jeff Arevalo	jeff.arevalo@princetonclub.net
Tuesday	4 p.m.	Craig Hrubes	craig.hrubes@princetonclub.net
Tuesday	5:30 p.m.	Benjamin Gavin	benjamin.gavin@princetonclub.net
Wednesday	6 a.m.	Brett Sommers	brett.sommers@princetonclub.net
Wednesday	9 a.m.	Jeff Arevalo	jeff.arevalo@princetonclub.net
Wednesday	5:15 p.m.	Clay Callen	clay.callen@princetonclub.net
Wednesday	6:30 p.m.	Austin Sherven	austin.sherven@princetonclub.net
Thursday	7 a.m.	Amanda Zielinski	azielinski@princetonclub.net
Thursday	5 p.m.	Benjamin Gavin	benjamin.gavin@princetonclub.net
Friday	8:30 a.m.	Craig Hrubes	craig.hrubes@princetonclub.net
Saturday	9:15 a.m.	Austin Sherven	austin.sherven@princetonclub.net
Saturday	10:15 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 Opening Ceremony (i.e. initial weigh-in) is drop-in style on **Friday, Feb. 7**. You may stop by the club any time between 9 a.m.-12 p.m. OR 4-6 p.m. to receive your InBody scan and perform athletic testing to get started. The Closing Ceremony (i.e. final weigh-in) is on **Saturday, May 2** from 9 a.m. to 12 p.m. in similar format. Attendance is mandatory for both dates. We **MUST** do an official weigh-in and/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, another food tracking app or submitted via another method approved by your trainer. 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 best normalized score, consisting of change in added skeletal muscle mass (45%), drop in percent body fat (35%) and improved athletic performance (20%) 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 raw 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: \_\_\_\_\_

Classes Selected: \_\_\_\_\_ **Shirt Size S M L XL 2XL 3XL 4XL**

Co-Directors: Brett Sommers [brett.sommers@princetonclub.net](mailto:brett.sommers@princetonclub.net); Austin Sherven [austin.sherven@princetonclub.net](mailto:austin.sherven@princetonclub.net)