



## Program Details

### Important Dates

- Registration from Saturday, December 17 until Sunday, January 8.
- Game Begins Sunday, January 8, 2012
- Game Ends Sunday March 4, 2012

### Participation and Costs

Team PT - Sign up with a personal trainer. The Personal Trainers group will get 10 sessions to use as they wish during the 8 weeks, plus the group class pass for \$175 members and \$300 nonmembers.

Team Group – Sign-up on your own with the help of unlimited group class pass. The Group Class Pass group will have 8 weeks of unlimited classes for \$75 members and \$149 nonmembers.

### Official Weigh-Ins

The initial and final weigh-ins are required to be eligible for the Grand Prize and **MUST SIGN UP FOR ALL WEIGH-INS AT THE FRONT DESK** prior to the weigh-in dates.

Plan approximately 20 minutes for your initial weigh-in which includes height, weight, girth measurement in 8 areas, BMI, and blood pressure. Body Fat will be determined using the “Body-Composition Formula” method after measurements are taken. If you cannot make it in for the scheduled weigh-ins, you may call Tamara Lutz to schedule your weigh-in time.

All weigh-ins are between 12pm and 3:30pm

Attire for all weigh-ins: shorts, socks and short sleeve t-shirts.

- Saturday, January 7 from 8-10:30am at West End Extension or
- Sunday, January 8 (Initial Weigh-In) from 12-3pm at the Pocono Family YMCA;
- Saturday, January 28 at West End Extension or
- Sunday, January 29 at Pocono Family YMCA;
- Saturday, February 11 at West End Extension or
- Sunday, February 12 at Pocono Family YMCA;
- Saturday, March 3 (Final Weigh-in) at West End Extension or
- Sunday, March 4 (Final Weigh-in) at Pocono Family YMCA

### Restrictions

- All participants must be at least 18 years old.
- NO refunds will be given for any reasons once the participant has registered for the program.
- All participants must fill out the OFFICIAL Registration Form and Waiver completely including e-mail, signature and date.

Health tips and guest speaker information and dates will be provided over email. Please, be sure to list your email so that we can better keep you informed.

Bonus Pounds will be assigned to designated special events. Please keep reading your emails to find the opportunities. All demographic information will be kept confidential.

### Winnings

THE “Weight’s Over Challenge” WINNERS will be awarded based on if they used a personal trainer or just the group classes. There will also be one overall winner based on body fat percentage lost. Other winners are based on the greatest percentage of weight loss or girth loss. It is not necessary that the person with the most pounds loss will have the most percentage lost.

Have fun and let’s start the challenge...