

8-Week Iron Fit Challenge

Pro27 Bossier is set to launch an 8-week Iron fitness challenge starting January 2nd! This challenge is perfect to help you achieve all your new years' fitness goals!

Registration: December 1 – 31, 2016

- Before December 15 - \$189
- After December 15 - \$229

Event: January 2 - February 25, 2017

Weigh-Ins: January 2-3, 2017

Weigh-Outs: February 24-25, 2017

Challenge Winners & Prizes:

- Male - % of Weight Loss: FitBit & Inov Training Shoe & 3 month free membership
- Female - % of Weight Loss: FitBit & Inov Training Shoe & 3 month free membership
- MVP: 3 month membership

What you receive during the Challenge and the Value:

- Membership to Pro27 Bossier during the 8-week Challenge (\$value)
- Access to ALL Group Personal Training Classes during Challenge (\$value)
 - 12 classes offered per week
 - Monday
 - ProFit w/ Charlie (12-1pm)
 - Fat Shredder w/ Jeremy (5-6pm)
 - Pete90X (6-7pm)
 - Tuesday
 - Cross Training 101 w/ Charlie (9-10am)
 - Yoga w/ Danise (12-1pm)
 - Wednesday
 - ProFit w/ Charlie (12-1pm)
 - Pete90X (5-6pm)
 - Fat Shredder w/ Jeremy (6-7pm)
 - Thursday
 - Cross Training 101 w/ Charlie (9-10am)
 - Friday
 - ProFit w/ Charlie (12-1pm)
 - Saturday

- Morning Bootcamp (9-10am)
 - Late Morning Bootcamp (10-11am)
- Group/Individual Personal Training discounts to Challenge participants
 - 30 min - \$25 (1 on 1)
 - 1 hour - \$40 (1 on 1)
 - 1 hour - \$20 per person (2-4 people)
 - Schedules and sessions are agreed upon by the participant and trainer
- Nutritional guidance and tools (2-3 page packet)
- Challenge T-Shirt
- \$5 off entry to the “Iron Fit Games” on February 25th @Pro27 Bossier
- Discounted AdvoCare

Contest Rules

1. All participants must be registered before their initial weigh-in will be recorded.
2. All participants must pay fee at time of registration.
3. Weigh-ins are scheduled January 2-3, 2017. All participants must weigh-in during that time to be eligible for prizes. Weigh-outs will occur February 24-25, 2017.
4. Weights of all participants will remain confidential.
5. Percentage of weight loss of each participant will be released at the “Iron Fit Games” on February 25th.
6. Participants are encouraged to take a “before” picture as winners will be asked to provide before picture at the end of the challenge for Pro27 Bossiers’ website, twitter & facebook pages, and future Pro27 Bossier marketing material. Pro27 Bossier staff will arrange “after” photos for winners for use on marketing materials.
7. A pair of Inov training shoes and a Garman FitBit will be awarded to both the male and female with the highest percentage of weight loss. Pre and post weight must be assessed during scheduled days to be eligible for prizes.
8. All participants must be 17 years or older to be eligible to participate in the challenge.
9. No refunds issued after December 31, 2016.

Weigh-in/out Rules

1. All participants must weigh-in at Pro27 Bossier and on designated challenge scale. Participants must weigh-in and weigh-out at the same location to be eligible for prizes.
2. Individuals must wear lightweight clothing at both weigh-in and weigh-out. Shorts and t-shirts are suggested and shoes must be removed.
3. All pockets must be emptied out prior to weigh-in and weigh-out.

4. No additional jewelry or removable devices may be worn during the weigh-in and weigh-out.
5. Participants must weigh-in January 2-3, 2017 and weigh-out February 24-25, 2017 to be eligible for prizes.

Pro27 Athletics Bossier encourages safe and natural weight loss using a healthy diet and exercise. Participants agree to lose weight without assistance of surgery, weight loss drugs, or other unnatural substances or they will be ineligible for prizes.