



COMMUNITY TEAM WEIGHT-LOSS CHALLENGE 2019

Support Your Community! Win Money for Yourself! Win Money for Your Favorite Charity!!

Challenge your friends, family, co-workers, competitors, boards, organizations, schools.....

Winning teams will receive a **cash award** to split between your team members and your team's favorite charity!

- Try new fitness classes, including Zumba®Fitness, Pound® Rockout Workout, Oula, Zumba STRONG, and more!
- Meet new and old friends and opposing teams for Saturday morning workouts (Add fun to the workouts by creating a different team dress code for each weekend workout...Optional, but highly encouraged and supported ☺)
- Support your local Community, Restaurants, and Businesses and win prizes donated by them each week you attend a workout.
- **Win Cash** for yourself AND **Win A Donation** for your favorite charity!
- IMPROVE YOUR HEALTH and HAVE FUN doing it!!

Here's the Skinny...

Registration:

- Enter your team of 3 or more participants (Each team member registers individually online; Just list team leader when registering)
- Registration Fee \$25 per team member (Pay at initial weigh-in)
- Register between Aug.22-24, 2019 (Late Registrations thru 8/31/19 OK)
- **Challenge Begins Aug. 24, 2019 and ends Oct. 5, 2019. (6 Weeks)**
- **Membership at GROOVZ or any other gym is not required to participate.**

Weigh-ins: TAKE PLACE AT GROOVZ, 810 S. 1ST STREET, HAMILTON

- **BEGINNING WEIGH-IN:** Hamilton: Thursday, Aug. 22 or Friday, Aug. 23 anytime from 530-7pm or on Saturday, Aug. 24 before or after the 9am Zumba Class. STEVI WEIGH-IN at 217 Main St.(upstairs): Saturday, Aug. 24, 8-3:30am (If unable to make one of these weigh in times, contact Michelle at 510-828-7545 to schedule an alternate time.)
- **FINAL WEIGH-IN:** Hamilton: Thursday, Oct. 3 or Friday, Oct 4 anytime from 745-845am or 530-630pm. Stevi: Thursday, Oct. 3, anytime from 4-6pm. **TEAMS DO NOT HAVE TO ATTEND WEIGH -INS TOGETHER. THEY ARE DONE ON AN INDIVIDUAL BASIS**, but you must weigh in and out at the same location.
- **IF UNABLE TO ATTEND THE BEGINNING OR FINAL WEIGH-INS, ACCOMODATIONS CAN BE MADE AT DIFFERENT TIMES.**
- Only **Total Team Weight Results** will be posted for the Challenge, not individual.
- All weigh-ins are confidential – no other team member will know your weight (unless you tell them!)
- Winning teams determined by **Largest % of Total Team Weight Loss** upon Final Weigh-In.

What Your Registration Pays...

50% of all registration fees will be distributed as follows (the more people who participate in the Challenge, the bigger the pot for everyone):

- ↳ 25% of total registration fees for this event will be awarded to the designated local charities of the top three "Losing Teams"
- ↳ 25% of total registration fees for this event will be awarded in **CASH** to the top three "Losing Teams" to be split between their team members in the following amounts: **50% to Winning Team** **35% to Second Place Team** **15% to Third Place Team**

50% of registration fees for this event will benefit **GROOVZ** and cover the costs incurred with organizing, planning, and funding the event.

Weekend Workouts: (Optional Classes, but included in \$25 entry fee)

- **SATURDAY / SUNDAY MORNINGS: (No need to be a GROOVZ member—everyone is welcome!)**
 - 9-10am ZUMBA at the GROOVZ Hamilton (SATURDAYS – alternating instructors)
 - 10-11am OULA at GROOVZ Hamilton (SATURDAYS with Diane)
 - 10-11am OULA at GROOVZ Hamilton (SUNDAYS with Val)
 - 830-930am ZUMBA at GROOVZ Stevi (SATURDAYS with Annie)
- Challenge participants are eligible for door prize drawings each Saturday – must attend for the entire hour to be eligible.
**If not interested in the class offered each Saturday, you can still meet at the facility and go for a walk or run for the hour and be able to get entered into the weekly door prize drawings!
- Instructors will offer a variety of difficulty levels for classes and workouts – TRY SOMETHING NEW!!
- **Final prizes and cash awards given at the final workout on Saturday, Oct. 5th (NEED NOT BE PRESENT TO WIN)**

Every(Body) WINS...

You Win:

- By strengthening your bones and muscles
- By lowering cholesterol, boosting your metabolism & strengthening your heart
- By eating more healthy
- By losing that dreaded holiday and winter weight gain!
- By meeting the Challenge with your friends and team members!
- And certainly by winning prizes –
 - **WIN \$\$ as 1st, 2nd or 3rd place teams to be split with your team's favorite charity!**
 - **WIN prizes donated by local businesses and sponsors by attending weekend workouts!**

Our Community Wins:

- By supporting our local restaurants and businesses that donate prizes and form teams.
- By joining together for community Saturday morning workouts
- By supporting a Healthy and Fit Lifestyle in the Bitterroot Valley
- By donating a portion of the winnings several local charities or non-profit

EVENT HOST:



REGISTER BY Aug. 24th

Online at

www.groovzdance.com

QUESTIONS? EMAIL: alexandrastuart111@gmail.com

**WIN CASH
& PRIZES**