

RESOLUTIONS TO RESULTS 2020

See your Health with 2020 VISION!

TEAM WORKOUT TIMES

- Mon/Wed 9:30am (Jonathan)
- Mon/Wed 12pm (Tristan)
- Mon/Wed 4:30pm (Terry)
- Mon/Wed 5:30pm (Mallory)
- Tue/Thur 6am (Tyler)
- Tue/Thur 10:30am (Judy-low impact)
- Tue/Thur 12:30pm (Jude)
- Tue/Thur 5:45pm (Orquavian)

Stay motivated, make new friends & be part of a team with 2 weekly personal trainer led workouts!
* each workout will be 50 min.!

BONUS WORKOUTS

- Friday Night Lights Bootcamp w/ Tyler & Terry: 1/24 @ 5:30pm
- Trailhead Run w/ Tristan & Orquavian: 2/1 @ 8:30am
- Circuit Training w/ Mallory & Judy: 2/7 @ 5:30pm
- Strength & Conditioning w/ Jude & Jonathan: 2/16 @ 9:30am

KICK OFF MEETING - THURSDAY JAN . 9 @ 6:15 pm

- COST -

- Early Bird (Dec 16-24): \$329 - includes contest hat
- Regular (Dec 26-Jan 9): \$359 - hat while supplies last
- Non-member: \$399 (includes FULL access to club during R2R!)

Cost Includes:

- 7 InBody Readings: \$350 value
- 2 trainer-led team workouts per week: \$240 value
- 2 Hydromassage session per week during contest: \$120 value
- Meal Plan: \$85 value
- R to R hat: \$20 value
- Accountability, encouragement & fun: priceless!



\$815 value +
10% off ALL
personal training
packages!

(training packages
must be purchased by Jan. 24)

Weekly raffles including FREE  products, club gift certificates & spa services!

Sign up at the Front Desk!

**** MORE INFO ON BACK ****

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2 Ways to Win!



INDIVIDUAL POINTS SYSTEM-

Participants will earn 2 pts. for every .1% of body fat lost, 1 pt. for every team workout they attend and a maximum of 4 activity pts. per week for additional workouts. Each participant can also earn bonus points for attending 1 weekend bonus workout. The male and female with the highest amount of points at the end of the contest will be named the winner! In the event of a tie, the individual with the largest % body fat lost will be named the winner. ***Only 1 weekly-InBody may be missed to be eligible for the Grand Prize. You cannot miss the first or last InBody reading!***

Why do we measure body fat percentage?

The more weight you have to lose, the easier it is to drop weight in big numbers. To level the playing field, we will measure your progress on the percentage of body fat lost. To alter your body composition, a variety of important changes will have to be made to your fitness routine & nutrition, thus making R to R more of a **lifestyle challenge** instead of a simple weight-loss contest!

GRAND PRIZE: \$500 cash for top male & top female!

TEAM POINTS SYSTEM-

A weekly point average will be calculated by adding up all team member points & dividing by the number of team members. Members of the weekly team leader will be entered into weekly raffles-we will be raffling off various Hyperice products (including a Hypervolt!), spa services, Stone Creek gift cards & a variety of giveaways & club perks that will change from week to week.

A final team point average will be calculated at the end of the contest to determine the overall winning team! The winning team will earn 3 additional weeks of team workouts!

TEAM PRIZE-
3 additional
weeks of
TEAM
workouts!

Questions? Contact Erica at ericaa@stonecreekclubandspa.com