

Fat Fall Off Fitness Challenge 2009



PRIZES

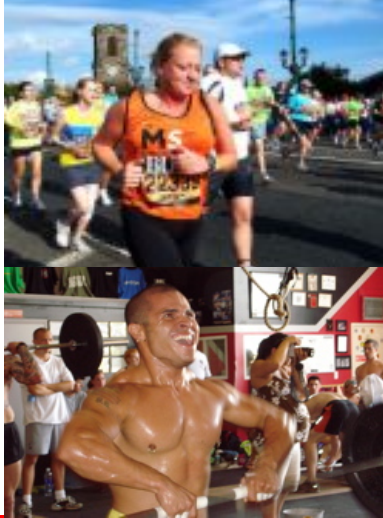
Sponsored by:



Start Date: 8/22/2009
End Date: 11/7/2009
Pre-register by: 8-8-2009



Are you ready to get in shape and lose those extra pounds?
Want to look sexier, feel healthier and become more athletic?
Then this is your chance to change your life forever!
Sign up NOW for the Fat Fall Off Fitness Challenge 2009 and not only change the way you look and feel but also compete for the chance to win many great prizes.
Spaces are limited so SIGN UP NOW and get ready to change your life forever!



Entry fees:

- \$200.00 EA Members
- \$600.00 Non-Members (\$200.00 1st mo. Sign up & \$200.00 due on 9-1-2009 & 10-1-2009 By EFT Draft)

Contact: 239-851-3940

Mail form and entry fee to:

Evolved Athletics
16120 San Carlos Blvd. Unit 4
Ft. Myers, Fl. 33908
Phone: 239-851-3940
www.cf-tb.com
E-mail: crossfittb@yahoo.com

Name _____
Address _____
Phone _____
Sex _____ Age: _____

All registrants must sign the Evolved Athletics Waiver & Release of Liability Form Prior to Beginning the Event.

Signature _____ Date _____
Signature of parent or guardian if under 18 years of age. _____ Date _____

Fat Fall Off Fitness Challenge 2009 Includes:

- ❖ 4-Group nutritional counseling sessions with: Danny Aguirre
- ❖ Fat Fall Off Fitness Challenge 2009 Team Training + 3 Grocery Shopping Tours (1 each month)
- ❖ Convenient training schedule. Visit www.cf-tb.com for specific CrossFit days and times.
- ❖ Group & email support
- ❖ FREE Sat. CrossFit Boot Camp Classes
- ❖ Qualified, caring and committed CrossFit Coaches to help you every step of the way

Fat Fall Off Fitness Challenge RULES:

- 1. Must be 18 yr. old to register and pay the registration fee before Sat. Aug. 8th, 2009**
- 2. All Entries are Non- Refundable! No Exceptions! No Excuses!**
- 3. Must attend a minimum of 3 days each week for 12 weeks (36 sessions) to be eligible to win.**
- 4. Must attend all scheduled weigh-ins & group nutritional counseling meetings to be eligible to win (9-19-09 & 10-17-2009)**
- 5. Must attend the initial weigh-in on Sat. Aug. 22nd, 2009 to be eligible to win. Weigh-ins and initial group nutritional consultation will start at 11:00am and end at 1:00pm. Final weigh-in is Sat. Oct. 7th, 2009. MUST BE PRESENT TO BE ELIGIBLE TO WIN.**
- 6. ONLY 1-Male and 1-Female will be chosen as the grand prize winners based on the highest percentage of fat mass lost in 12 weeks.**
- 7. Grand prize winners will receive:**

1st Place Male & Female:

\$250.00 Cash Prize

Blu Sushi Dinner + Wine for 2 (\$100.00 value)

Michelle Dawn Salon & Spa (\$50 Gift Package)

\$50.00 Gift Card for Vitamin Shoppe

60 min. Massage Peter Hernandez Licensed Massage Therapist MA19014

Each participant will receive:

CrossFit T-Shirt, 20% off any Michelle Dawn Salon & Spa Service, Smoothie King Gift Coupons & Chilli's Gift Cards