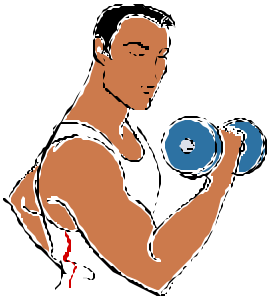
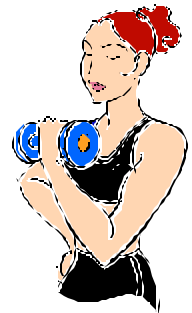


Beyond Fitness
196 Belle Mead Road, East Setauket, 631-941-BFIT
BEYONDFITNESSLI.COM



Spring Fitness



CHALLENGE

YOU are invited to participate in our first four-week **Beyond Fitness Challenge**. Whether you have weight to lose, need to tighten up, or just wish to take your training to an even greater intensity -- this competition can be your launch pad. Entrants will earn points for attendance, weight loss, and strength feats, as outlined. The two entrants with the most points at the end of the four weeks will be awarded prizes. The challenge officially begins on **Wednesday, March 10th** and ends **Tuesday, April 6th**. Each entrant must declare whether or not she wishes to receive points for weight loss. Once declared, this cannot change. To ensure fairness in the competition, non-weight loss entrants will have the opportunity to earn points through successfully completing an additional strength feat per week. All weight loss entrants will be weighed each week.

Good Luck to all!

Points will be awarded as follows:

- ✍ 3 points for each session of personal training and/or treadmill program participation, to be tracked & validated at front desk.
- ✍ 20 points for each percentage point of total weight lost. For example, if you weigh 175 and lose 7 pounds, that's 4% of your total beginning weight. So, you earn 80 points (4 x 20 = 80).
- ✍ All points for any strength feat completed successfully. Weight loss entrants may perform 1 challenge per wk; non-weight loss entrants may perform 2 challenges per wk. **All** challenges must be performed in accordance with availability of Trainer & equipment. You may only perform the strength feat scheduled for that particular day. Points may be earned for only **one** challenge on any designated day, with only **two** attempts permitted.

DIVISIONS	
Group	Age
A	25 & Under
B	26 to 35
C	36 to 45
D	46 to 55
E	56 to 65
F	66 & Over