



Council Grove Life Center, Inc. • 300 Union Street • Council Grove, KS
cglifecenter.com • 620-767-5400

Council Grove Life Center, Inc. Total Fitness Challenge



Council Grove Life Center, Inc. is excited to announce a total fitness challenge! The Total Fitness Challenge is a 6-month fitness journey that will run from December 1st - June 29th. The challenge is a fantastic way for you to not only develop better exercise habits but also create a lifelong passion for fitness!

COST: \$30 for members, \$60 for non-members. Non-members will receive 5 free passes to CGLC. All participants will also receive a Total Fitness Challenge t-shirt.

REGISTRATION: December 1st-December 20th

PRIZES: All prizes are TBD. Prizes will include cash (based upon registrations) and other equipment and/or apparel.

RULES:

1. All participants must complete their initial weigh-in and fitness test between December 1st and December 20th to be eligible for prizes. Weigh-in and fitness test will be conducted by a CGLC employee.
2. Monthly weigh-ins will be required to complete the challenge and be eligible for prizes.
3. Final weigh-in and fitness test must be completed between June 18th and June 29th. Winners will be announced on June 30th.
4. Payment is due at time of registration.
5. No refund will be given for participants failing to complete the initial or final weigh-in and/or fitness test.
6. Work hard to become a better you!

Name: _____ T-Shirt Size: _____ Current CGLC Member? Yes No

Address: _____ Phone Number: _____



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FAQs:

1. Why do I need to weigh-in and take a fitness test?

The weigh-in and fitness test is a snapshot of your current fitness level. With an initial weigh-in and fitness test you can easily see the results of your work at the end of the challenge!

2. What are the areas I will be scored in?

All participants will be scored in the following areas:

- A. Body fat percentage lost
- B. Fitness test improvement
- C. Muscle gained
- D. Weight lost

3. How does the scoring system work?

All areas of scoring are based on percentages. That means your percentage of improvement counts toward your score, not your total number. Basing participants' scores on percentages also puts everyone on a level playing field.

WAIVER:

In consideration of Council Grove Life Center, Inc., accepting to participate in this activity, I, for myself, my heirs, estate, personal representatives, assigns and for any minors for whom I am signing, do hereby release and discharge Council Grove Life Center, Inc., its officers, directors, employees and agents from any and all actions, causes of action, claims, damages, demands, costs, expenses and compensation of any kind or nature on account or in any manner arising out of a loss damage or injuries sustained by me or my property, or by the minor for whom I am signing.

I am aware of the risks and dangers inherent within the activities which I and/or my family, including minor children, will be participating in at/through the Council Grove Life Center, and acknowledge that I/we are fully capable of participating in such activities. I willingly assume the risk of any and all injury to my person or property that may be sustained in connection with such activities.

Signature _____

Date _____