



## Transformation Contest Rules

**What is it:** The Transformation Contest is an 8 week contest to help people change their bodies, lose fat, and build muscle in a short time period.

The goal is to help motivate men and women to start an exercise and nutrition program so that they can experience rapid results.

Those in the contest will take “before photos” and write a “before” essay to summarize what changes they want to see and how they feel about themselves and their life right now. Then at the end of the Transformation period they’ll take an “after” photo and write an “after” essay summarizing their results and how they feel at the end of the contest.

**Where:** Official Contest sites are The Palisades Sports Complex (13417 Grand Palisades Parkway, Charlotte, NC 28278) and CrossFit Steele Creek (2102 Cambridge Beltway Dr., Suite D1, Charlotte, NC 28273)

**When:** The contest starts between July 19<sup>th</sup> and July 26<sup>th</sup>. You must pick your start date and take your before picture and write your essay during this first week. Then you need to submit that to me by email or in person.

The end date is 8 weeks after your start date. You must then take your “after” picture and come in for your official weigh-in that week and turn in your “after” essay.

For those who start the week of July 19<sup>th</sup>, your last day of the contest is Sunday, September 12<sup>th</sup> and your deadline to submit everything will be on Sunday, September 19<sup>th</sup>.

For those starting on July 26<sup>th</sup>, your end date is on September 19<sup>th</sup> and your deadline to submit your results is Sunday, September 26<sup>th</sup>.

**To enter:** Provide before and after photos and essays...newspaper in the photo or date on the camera

**Prizes: Overall winner:** 2 FREE months to Tuff Girl Bootcamps (\$350 value) OR 1 FREE month to CrossFit Steele Creek (\$125 value)

**Runner-up:** 1 FREE month to Tuff Girl Bootcamps (\$175 value) OR 1 FREE massage at CrossFit Steele Creek

**1-Month Prize Winner:** 2 personal training or coaching sessions with Julie (\$120 value)

To be eligible for prizes, you must do your official weigh-in at The Palisades Country Club (with Julie) or at CrossFit Steele Creek (with Brian or staff) at the beginning and end of the contest.

If you want to qualify for the 1-month prize, you must weigh in after the first 4 weeks at either The Palisades Sports Complex with Julie or at CrossFit Steele Creek with Brian or a staff member.

**To register:** We need your name, email, and phone number and would like your consent to call and/or email you to check in on you or send you helpful information.

You must agree to the terms and conditions.

Anyone can enter over the age of 18.

**Cost:** There is no cost to enter the Transformation Contest but you must register to be able to compete for the free prizes or other give-aways.

Bootcamp or Master Your Metabolism classes are encouraged but are optional.



## Tuff Girl Bootcamps

### Info Sheet

Tuff Girl Bootcamp classes are 30 minute express workouts designed to firm up your stomach, hips, and thighs. Our class format is basically small group training where you get lots of guidance and personal attention. Our groups are small and friendly.

**Difficulty level:** These workouts can be done by beginners and advanced fitness enthusiasts alike. There are normally 5 exercises for the day that we do 4 times each. For each exercise, there is a beginner, intermediate, and advanced version, which the instructor will demonstrate before the workout.

There are also modifications for those who have an injuries or joint issues.

The workout is short, challenging, but do-able for anyone. The key is for each person to do their best, and they'll see improvement from week to week.

The workouts are fun because of the friendly group atmosphere and energizing music (that won't offend anyone), plus we've never done the same workout twice in the 8 months that we've been running classes! We use bodyweight exercises, which are a great way to get tones, plus we use dumbbells, bands, and kettlebells to mix things up.

**Premium Package:** \$250 per month for 5 classes per week, 20-25 classes per month. (minimum number must be signed up for T/Th class to take)

Includes 3 high quality, high-intensity strength training classes per week plus 2 high-intensity interval (cardio) classes per week.

Classes are at 8:30 AM Monday through Friday at The Palisades Sports Complex, 30 minutes each.

**Standard package (Palisades):** \$175/month for 3 classes per week (for non-members) for our 8:30 AM (M, W, F) class at The Palisades Sports Complex.

\$150/month for members.

**Standard package (Carolina Dance):** For our 6:30 PM class (M, W, F), \$150/month for 3 classes per week at Carolina Dance Academy.

For those interested in the Premium package for evenings, see Julie for details.

If there is enough interest, we will offer a **5:45 AM** class at The Palisades on M, W, F and/or a **5:30 PM** M, W, F class at The Palisades. However, the 5:30 PM class would need to be done outdoors or possibly conducted at Carolina Dance Academy.

**Master Your Metabolism Course:** See handout for more info on what our "Maximize Your Metabolism" course can do for you.

The course is a series of lessons done over 6 weeks designed to help you create an action plan for changing and improving your eating habits and creating a fit lifestyle.

Those interested can ask Julie for details, and we'll set up a time to conduct the course. Price depends on number of participants. The course will be done over a period of 6 weeks.

**Special Offer: *For today only*** for those enrolling in the Transformation Contest, the first 5 people to register for bootcamp will receive 8 weeks of bootcamp classes, normally a \$350 value, for a 1-time payment of \$275.



## **Transformation Contest at The Palisades Registration/Terms and conditions**

The Contest Sponsor reserves the right, in its sole discretion, to modify, cancel or suspend this Contest should an external circumstances arise which are beyond the reasonable control of the Contest Sponsor. The Contest Sponsor is not responsible for any errors or omissions in printing or advertising this Contest.

The Contest Sponsor collects your personal information for the purposes of registration, program evaluation and to keep you informed about The Challenge. The Contest Sponsor may, if consent was given during registration, also contact you from time to time with information about other ways you can lose weight.

The Contest Sponsor will not share any personal data about entrants with any other party. The personal data collected for this Contest will not be used for any other purposes unless entrants provide explicit permission as indicated on the entry form.

By entering this Contest, entrants agree to release and hold harmless the Contest Sponsor and their respective employees, officers, directors, agents, representatives, successors, assigns, advertising and promotional agencies from any liability for any loss or damage of any kind to the entrant or any other person in connection with this Contest or participation in any Contest related activities, including but not limited the taking of a urine test or, if declared a winner, the use or misuse of a prize or any portion of a prize including personal injury, death or property damage.

This Contest will run in accordance with these Contest Rules, subject to amendment by the Contest Sponsor. Contest Sponsor reserves the right to cancel, amend, modify or terminate this Contest or the Rules at any time in its sole discretion and without notice.

Entrants must comply with these rules, and will be deemed to have received and understood the rules if they participate in the Contest.

**Name:** \_\_\_\_\_

**Phone:** (H) \_\_\_\_\_ (M) \_\_\_\_\_

**Email:** \_\_\_\_\_

**Consent:** By reading this form and entering the Transformation Contest, I agree to the terms and conditions listed above.

**Sign here:** \_\_\_\_\_