

Spring into Action and Come Join Us, as it's almost that time for bathing suits!!

Fitness Challenge 9

Session 1: March 15 - May 8

Session 2: March 29 - May 22

Save \$50 with Early Bird Registration. Cut-off is March 5th/19th
Registration Deadline Is March 11th/18th

www.catzsports.com

Call to sign-up: 480-855-3145



Get Fit



Sports Performance Center

Will provide:

Training & the CATZ Diet
Individualized Goals
Weekly Assessments



Get Paid

How it works:

- All registrants must be registered by March 11th.
- Call CATZ and schedule your initial evaluation time for **Session 1: March 12th @ 4:30pm OR March 13th @ 7am;** **Session 2: March 26th @ 4pm OR March 27th @ 7am**
- Plan for 1.5 hours. You must be available to attend one of the initial evaluation times to be eligible for FC9.
- Print & complete our registration form from our website, www.catzsports.com. Click on locations, AZ, Chandler, then Forms.
- Bring completed registration form with you to the initial evaluation
- Initial evaluations (plan for 1.5 hours) will provide your beginning body weight/fat calculations, and the FC9 orientation. At this time you must commit to a weekly weigh-in day because it CANNOT CHANGE.
- If you cannot make the weigh-in on your assigned day, you will forego your weekly goal, but NOT be disqualified from the challenge.
- CATZ will provide your FC9 goals by Monday March 15th and you will sign off on them.
- Your goals will be set for a consistent weekly weight loss, so it will be important to stay on top of your challenge. No adjustments will be made once FC9 starts
- You must train at CATZ 25 different days during the 8 week challenge. **NO EXCEPTIONS!**
- If you weigh-in on the same day you are working out at CATZ, it must be before your workout.
- Registrants can attend any class times. All FC9 members can attend Saturday classes.
- Pictures taken are for CATZ purposes and may be displayed in our facility and/or on our website.

Cost:

- **Early Bird Registration: \$249 (save \$50)** \$299 regular registration (after March 5th/19th)
- **Existing CATZ members having a membership that will run throughout FC9 can enter for FREE with 2 FC9 referrals or pay \$100 with 1 FC9 referral. Entry without a FC9 referral costs \$150 for current members.

Prizes: \$300 value

- Each week meet your goal & receive **\$25** CATZ credit. 8 weekly goals to be met. (**\$200 Value**)
- Meet your body fat percentage goal and receive **\$50** CATZ credit
- Meet all 8 weekly goals AND your body fat percentage goal and receive a **\$50** bonus CATZ credit

Training Times:

- Mondays – 6:00a, 7:30a, 9:00a, 12:00p, 4:00p, 5:00p, 6:00p, and 7:00p
- Tuesdays – 7:30a, 9:00a, *10:30a, 12:00p, 4:00p, 5:00p, 6:00p and 7:00p
- Wednesdays – 6:00a, 7:30a, 9:00a, 12:00p, 4:00p, 5:00p, and 7:00p
- Thursdays – 7:30a, 9:00a, *10:30a, 12:00p, 4:00p, 5:00p, 6:00p and 7:00p
- Fridays – 6:00a, 7:30a, 9:00a, 12:00p, 4:00p, 5:00p, and 6:00p
- Saturdays – 8:00a

All training times are subject to availability & may change.

*Denotes beginner level classes

Don't forget to schedule and/or cancel every training appointment, 480.821.9580

CATZ credit is not redeemable for cash, non-transferable & must be applied towards training packages.

CATZ credits must be applied by May 15th/29th, 2010.

825 East Warner Road, Chandler, AZ 85225 - 480.855.3145 - www.catzsports.com