

IT'S 2010, A NEW DECADE, AND TIME FOR A NEW YOU!

ARE YOU READY FOR A CHALLENGE?

Get paid to meet your goals

The CATZ Fit-for-Life Challenge



Can you do 15,000 Abs exercises in 8 weeks?
Can you take 650,000 steps in 8 weeks?
Meet individual weight loss/body fat goals

Goals:

- ABS-15,000 in 8 weeks (1,875 weekly Goal)
- Steps- 650,000 in 8 weeks (81,250 weekly Goal)
- Individual weight loss/gain or body fat

How it works:

- Register by September 10th.
- Call CATZ and schedule your initial evaluation time for September 13th. Times available are 5:30am, 8:30am & 6:30 pm. Plan for 1/2 hour. You must be available to attend one of the initial evaluation times to be eligible.
- Initial evaluations will provide your beginning body weight/fat calculations and the Tri-Fit Challenge orientation.
- You will be provided with our CATZ Nutrition plan, food log, weekly weight goals, and one on one consultation.
- You must train at CATZ for a minimum of 25 session over the 8 week challenge.

Cost:

- CATZ Members
 - ⇒ With an existing Monthly or Package membership- \$100 entry fee (Includes Pedometer)
 - ⇒ Get \$50 off entry fee when you refer 1 Non CATZ Member and they sign up for Tri-Fit Challenge
 - ⇒ Entry fee is waived when you refer 2 Non CATZ Members and they sign up for Tri-Fit Challenge
- Non CATZ Members: \$279 (Includes Pedometer)

Prizes: \$300

- Each week meet your ABS, Step, Weight goals- 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.

Adult Training Times: Any Adult Class



CONTACT US

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