

DROP IT LIKE IT'S

HOT

CONTEST

**OUR CONTEST IS NOT JUST ABOUT WEIGHT LOSS—
IT'S DESIGNED TO PROVIDE OVERALL IMPROVEMENT
AND HELP YOU ACHIEVE A BETTER YOU!**

PRIZES AWARDED FOR MOST IMPROVED OVERALL (% OF FAT, INCHES, POUNDS LOST):

30+ PARTICIPANTS

(Value in cash and prizes*)

1ST PLACE: \$1000

2ND PLACE: \$400

3RD PLACE: \$300

20+ PARTICIPANTS

(Value in cash and prizes*)

1ST PLACE: \$400

2ND PLACE: \$300

3RD PLACE: \$200

10+ PARTICIPANTS

(Value in cash and prizes*)

1ST PLACE: \$300

2ND PLACE: \$200

3RD PLACE: \$100

*** PRIZES INCLUDE MEMBERSHIP AT THE STUDIO, PERSONAL TRAINING, GIFT CARDS,
AND MUCH MORE—DESIGNED TO SUPPORT YOUR ONGOING ACHIEVEMENTS!**

**CONTEST DATES:
JANUARY 23 – FEBRUARY 20**

FIRST WEIGH-IN: SATURDAY, JAN. 23, 9:00AM

FINAL WEIGH-IN: SATURDAY, FEB. 20, 9:00AM

(No early weigh-ins; late weigh-ins accepted.)

STUDIO MEMBER ENTRY OPTIONS:

- \$100 entry into contest
- \$150 entry into contest plus one Nutrition or Personal Training Session

NON-STUDIO MEMBER ENTRY OPTIONS:

- \$100 entry into contest
- \$150 entry into contest plus one Nutrition or Personal Training Session
- \$200 entry into contest plus unlimited fitness at THE STUDIO for contest duration
- \$250 entry into contest plus one Nutrition Session and unlimited fitness at THE STUDIO for contest duration



THE STUDIO Martial Arts & Fitness

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