

# Tired Of Feeling Out Of Shape Or Overweight?

Join The 21 Day Weight Loss Challenge Hosted By Journey Fitness

Exclusive for (NAME OF YOUR GROUP) & Family Members

Get Paid to Lose Weight! **WIN UP TO \$1000**

Here is how it works: Pick a team of 3-5 coworkers - The winning team will win up to **\$1,000**

You will receive:

- 21 Days of Group Personal Training/Strength Training
- 21 Days of Nutritional Counseling
- Motivation & Accountability

Competition Runs: (you pick)

Registration Cost: **\$25 per person**

Here is how your team can earn an advantage:

- Create a team name & you get a 5 pound advantage on the scale
- Create a team t-shirt & you get a 5 pound advantage on the scale
- Team with the greatest body weight percentage lost is the winner

How to join:

- You can scan your sign up sheet to [Jesse.king@journeyfitnesscoaching.com](mailto:Jesse.king@journeyfitnesscoaching.com)
- Or just call 607 2593024 to get started!
- Cash or check (written out to Journey Fitness) for payment
- Gather a Team of 3-5 (NAME) members or family members and for every person you gather on your Team you will be entered for a chance to win 1 month of coaching valued at \$200
- Need a Team?? We can find one for you!! Just let us know or return this form with yes in the "need a team" box.



**Deadline to Enter is (You Pick)! Call Today!**



See Second page for  
Our training schedule

We Recommend Training 3 Times Per Week

Please Circle Preferred Days & Times

Working out with your Team is optional\*

All participants will have a one on one meeting with a Journey Fitness coach before the start of the contest to review medical history, exercise history and set a goal. This will ensure safe and effective programming. Call today to start your Journey! 607 735-0333

**JOURNEY FITNESS**  
 COACHING CENTER  
 (407) 257-2700 | JOURNEYFITNESSCOACHING.COM | 83

**Group Personal Training Schedule**  
 Updated (1/3/17)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am-6:30am	Weigh Ins/ Goal Setting Group/ Personal Training	Weigh Ins/ Goal Setting Group/ Personal Training	Nutrition/ Group Personal Training	Nutrition/ Group Personal Training		
5:30am-6:30					Group Personal Training	
6:30-7:30am					Group Personal Training	
6:30am-8	Group Personal Training/ Weigh Ins/ Goal Setting		Group Personal Training/ Nutrition			
7am-8am						Group Personal Training
8am-9am						Group Personal Training
8:30-10am	Weigh Ins/ Goal Setting Group/ Personal Training	Weigh Ins/ Goal Setting Group/ Personal Training	Nutrition/ Group Personal Training	Nutrition/ Group Personal Training		
9am-10					Group Personal Training	Group Personal Training
11:30am-1pm	Weigh Ins/ Goal Setting Group/ Personal Training	Weigh Ins/ Goal Setting Group/ Personal Training	Nutrition/ Group Personal Training	Nutrition/ Group Personal Training		
12pm-1pm					Group Personal Training	
3pm-4:30pm	Group Personal Training/ Weigh Ins/ Goal Setting	Group Personal Training/ Weigh Ins/ Goal Setting		Group Personal Training/ Nutrition		
3pm-4pm					Group Personal Training	
4pm-5pm					Group Personal Training	
6pm-5:30	Weigh Ins/ Goal Setting Group/ Personal Training	Weigh Ins/ Goal Setting Group/ Personal Training	Nutrition/ Group Personal Training	Nutrition/ Group Personal Training		
5:30pm-7	Weigh Ins/ Goal Setting Group/ Personal Training	Weigh Ins/ Goal Setting Group/ Personal Training	Nutrition/ Group Personal Training	Nutrition/ Group Personal Training		

Name-Please print

Phone Number

Email Address

Need A Team?


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“Journey Fitness and the NYSUT challenge helped bring out my competitive side, and it gave me the push I needed to continue to challenge myself and my fitness level” - Caitlin Redfield



***Fun Gala at the End to Celebrate the Winning Teams and all Teams achievements!***

***(You Pick the dates).***

***Journey Fitness Ithaca  
15 Catherwood Road Ithaca Ny 14850***

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