

NEW!



Body Transformation Contest

Open to members and non-members

- **10 week program**
Starting April 25th
Morning or evening schedule
- **4 classes per week**
- **Full nutritional plan**
- **Winner receives \$2,000 cash prize and one year C.O.R.E. membership**
- **Winner determined by:**

Percentage of body fat lost

Total inches lost

Percentage of weight lost

Before and after photos

**Get the beach body
you've always wanted**

See the front desk for details



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www.facebook.com/COREcof

www.COREcof.com

**91 Ruckman Road
Closter, NJ 07624
201-784-9559**



Body Transformation Contest

- Starts April 25th
- 10 week program
- 4 classes per week
- Full nutritional plan

**Winner receives
\$2,000 cash prize
and
one year membership**

Class Schedule

Spin:

Tuesday/Thursday at 10:00am
or Monday/Thursday at 6:00pm

Weight Training:

Wednesday/Friday at 10:00am
or Tuesday/Wednesday at 7:00pm

Price

\$620 for members
\$740 for non-members

Price includes all classes and a consultation/program
with a nutritionist

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91 Ruckman Road ♦ Closter, NJ ♦ 201.784.9559



Body Transformation Contest Rules and Regulations

1. CORE's Body Transformation Contest will begin on April 25th, 2011 and end on July 1st, 2011.
2. The contest must have 20 participants to run.
3. If 20 participants are not met, refunds will be issued to those who paid.
4. All contestants must weigh in, take measurements, and take photos prior to April 25th, 2011.
5. The 10-week contest includes 4 classes per week; 2 spin and 2 weight training.
6. One winner will be chosen at the end of the contest by a panel of judges.
7. The winner will be chosen based on percentage of weight lost, percentage of body fat lost, inches lost, and before and after photos. In the event of a tie, lifestyle changes will be taken into account to determine the winner.
8. One trainer will take all the measurements of all the contestants at the beginning of the contest. The same trainer will take the final measurements.
9. Each contestant must submit a biography before April 25th describing their current lifestyle.
10. Each contestant must agree upon before and after pictures of themselves.
11. Each contestant must agree to writing a testimonial with their before and after photos on it.
12. Each contestant must sign a waiver, allowing their photos and stories to be used in advertisements for CORE.
13. Each contestant must submit a health & fitness questionnaire and a fitness waiver form before beginning training.
14. Each contestant will have the opportunity to train four times a week and have a personal nutrition consultation.
15. If the contestant misses a scheduled class, they can make it up at another class time during that week only. Classes may not be made up after the week is completed.
16. If a contestant becomes ill or injured during the contest and must stop training, the contestant must submit a note from their doctor. At this point, a prorated refund will be given on the unused classes sold as part of the contest package. No refund will be given without a doctor's note.
17. CORE does not condone excessive caloric or water restrictions. Evidence of such behavior by a contestant will lead to disqualification from the contest.
18. A healthy diet of multiple meals is necessary and suggested for success in the contest and training program.
19. CORE The Center of Fitness, their representatives, agencies and employees are not responsible for any injuries, illness or mental distraught that may arise from participation in the Body Transformation Contest.
20. Participation in CORE's Body Transformation contest is strictly voluntary. A contestant may remove themselves from the contest at any time. No refund will be given without a doctor's note.
21. The winner will be announced at CORE The Center of Fitness at 91 Ruckman Road, Closter, NJ on July 9th, 2011 at 11:00am.
22. The winner will receive a \$2,000 cash prize and a one year membership to CORE.
23. CORE The Center of Fitness, their representatives, agencies and employees are not responsible for any liabilities arising directly or indirectly from the award or use of this prize.

Contestant Name (Print)

Contestant Signature

CORE Representative _____

Date: _____

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