

# Tired of Feeling Out of Shape or Overweight?

Join The 30-Day Weight Loss Challenge Hosted by Journey Fitness

Exclusive for ITA/LFA & 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 **\$1000**

You will receive:

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

Competition Runs: **September 25th – October 24th**

Registration Cost: **\$35 per person**

Here is how your team can earn an advantage:

- Create a team name & you get a 1% advantage on the scale
- Create a team t-shirt & you get a 1% 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 [logan4fitness@gmail.com](mailto:logan4fitness@gmail.com)
- Or just call (607)-738-0812 to get started!
- Cash, Card, or Check (written out to Journey Fitness) for payment
- Gather a Team of 3-5 co-workers and family members
- 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 September 23rd Call Today!**



Saturday September 23rd @ 10:15am  
will be a required 45-minute  
orientation for all participants.  
You will get your initial weight and fill out the  
Initial paper work. Following that there will be  
a special workout just for the ITA and LFA! This  
is an optional workout! \*\* If you cannot attend  
the orientation you will need to set up  
another time for a one to one meeting.

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



Name-Please print	Phone Number	Email Address	Need A Team?



“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

<b>JOURNEY FITNESS</b> COACHING CENTER (607) 257-2700   JOURNEYFITNESSCOACHING.COM   #3 <b>Group Personal Training Schedule</b> 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	
4pm-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		



**Fun Gala at the end to Celebrate the Winning Teams**

**and all Teams achievements!**

**Thursday October 26<sup>th</sup> @ 7pm following a 6pm-7pm FINAL workout!**

**Journey Fitness Ithaca**

**15 Catherwood Road Ithaca Ny 14850**

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