

Valhalla's New Year Fitness Face-Off Challenge

Rules and Regulations

10-week Challenge from Feb. 15th - April 23rd, 2010

We always have such a great response from the summer fitness contest that we decided to try it again for the New Year! Here's the scoop...

1. All participants will receive a **FREE T-SHIRT!**
2. **Prizes:** Top winning team will win a **TRIP** for each member of their team. Second place team will receive 1 free month added on to their membership. **Choose from a wide variety of destinations such as: Aruba, Virgin Islands, Mexico, Colorado, Myrtle Beach, and many more (airfare not included). Plus, a small activation fee is required.*
3. Must be on a team of **up to 4 individuals** (No more than 4 per team...No Exceptions!) If you do not have a pre determined team, but would like to be part of our contest, there will be a sign-up sheet for "open" teams. The sign-up sheets for the teams will be at the front desk.

MUST SIGN UP BY FRIDAY, FEBRUARY 12TH !! There will be no late entries!

4. Contest is based upon daily check-ins, group fitness class attendance, Kinesis classes, and personal training sessions.
5. **Check-ins:** (1 point per check in) Must be within 6 hours from last check-in to get credit. 2 check-ins maximum per day. Check-ins are calculated in our computer system, so make sure to use your key card when entering the building.
6. **Group Fitness Classes:** (1 point per class) Maximum of 3 classes per day. You must have an instructor sign your score card after each class in order to get credit.
7. **Kinesis Classes:** (2 point per class) There is an additional fee of \$15.00 to participate in Kinesis Classes. Check our schedule to see the times of each class.
8. **Personal Training:** (2 points per session) One-half hour session or one-hour session to receive 2 points. There is an extra charge for personal training.
9. **Weekly Challenge:** (2 points per challenge) We will be posting a weekly BONUS challenge class on the filing cabinet (file cabinet will be on first floor, beside the member workout card file cabinet-above the personal trainer bios on the wall) every Friday morning prior to the week of each new challenge. Limited to one challenge per day.
10. **Nutritional Consultation:** (2 points) Meet with our on-site registered dietician for a ½ hour or hour long appointment. Yvonne will guide you on food selection, portion sizing and answer any questions you might have about your caloric intake. Please see the front desk to set up an appointment and to inquire about the fees.
11. **Non-member of your team:** (5pts) Do you know anyone that would like to join our Health Club? Get them to join and be a part of your team and not only will you get 5pts., but you, personally, will receive a \$25.00 referral fee!
12. **Score cards:** Must be filled out each week and put into the filing cabinet every Sunday by closing time. Score cards will be in manila folder with your team name on it. You can pick up a new score card each week on top of the filing cabinet.

PLEASE CONTACT SARAH VECCHIO or DORI NUGENT with any questions!