

Group Exercise Class Challenge

PLEASE READ DIRECTIONS CAREFULLY!

Attend and participate in 6 group exercise classes in 6 Weeks

Monday June 6th, through Sunday July 17th

1. You must have the instructor sign this sheet.
2. To qualify, you must attend 6 total group ex classes (you are allowed to repeat the same class multiple times). All classes on the *****Group Exercise Schedule** count (including aqua classes). All classes must be attended between June 6th and July 17th
3. If you have a weekly class with your trainer from the contest, that does not count. Group training classes do not count.
4. For each person that completes the challenge, you will earn 6 points for your team.
5. 2 people will be chosen randomly to receive an additional 5 points for their team from everyone who hands in their sheet to the Biggest Loser box by the scale by Saturday, July 17th (you may turn in early if you have already completed the 6 classes).
6. Do not turn in your sheet anywhere else (i.e. do not give it to your trainer, do not hand it in to the front desk, etc.) besides the box and **late entries are not accepted**.

Give yourself this goal to accomplish and good luck!

Day	Date	Time	Class name	Instructor Signature

Your name: _____ Team: _____

*****All of the classes require pre-registration through the Princeton Club New Berlin App or our website. Full group ex schedule and login instruction available at:**

<https://www.princetonclubnewberlin.com/princeton-club-services/group-class-schedule/>