

What am I getting myself into ?

The Greater Grand Forks Biggest Loser Contest brought to you by Center Court Fitness Club and 97 KYCK, Lite Rock 104.3 KZLT, Z 94.7 & Q1049 FM is an 8 -week weight loss contest. All participants must complete Pre and Post weigh-ins and measurements, as well as weekly weigh-ins to track your progress.

Top Reasons To Join

- Exercise will help to burn those excess calories and help you lose weight.
- Exercise will help you sleep better and more soundly
- Exercise will increase your energy and help to enjoy your family, friends and other activities.
- Exercise will help you to better cope with stressful situations.
- Exercise will improve self-esteem and self confidence.
- Exercise will help relieve everyday aches and pains & help reduce the risk of serious injuries.

Once you have made the commitment to join the competition you must now choose a team that fits your needs. The trainers have split into teams each having a unique approach to working out. The styles are as unique as the trainers themselves. All teams will have a local celebrity training right along with them.

Incentives For Joining

- Greater Grand Forks Biggest Loser Winner Grand Prize
- Eligible Greater Grand Forks Biggest Loser Team Winner Prize
- Eligible for weekly drawings
- Participate in Greater Grand Forks Biggest Loser Awards Ceremony
- Eligible to win an Active Lifestyle Prize Package
- Grocery store tours with Licensed Registered Dietitian
- 30% off of massages from Small Steps Massage during the contest.

All participants will sign a contract agreeing to the terms and conditions of the contest. Also allowing Center Court Fitness Club to use their names, photographs, % of weight loss and total inches lost in any promotional materials.

The cost to take part in this program:
\$200.00 for Center Court and Y Members
\$250.00 for Non-Members.

Thank You to our Sponsors



2nd Annual Greater Grand Forks Biggest Loser Contest



January 31 - April 8

Choose

Your

Team

Team Blue With Ryan Carlson

Team Blue will have their choice of either an individual personal training session once a week or group personal training held twice a week.

Monday & Wednesday 8:00 pm

“Get it Right, Get it Tight.”

Team Aqua with Megan Pierce

Team Aqua will have their choice of either an individual personal training session once a week or group personal training held twice a week.

Tuesday & Thursday 5:00 pm

Team members will also be given an intense cardio/exercise program to be followed between sessions.

“Being Fit is Always in Style.”

Team Maroon With Ross Kalka

Team Maroon will have their choice of either an individual personal training session once a week or group personal training held twice a week.

Wednesday & Friday 5:45 am

Team members will also be given an intense cardio/exercise program to be followed between sessions.

*“As a Client You Expect A Lot From Me,
As a Trainer I will Expect More From You.”*

Team Red With Jen Oakland

Team Red will meet twice a week for group personal training

Wednesday & Friday 10:30 am

and take part in Healthy Creations Weight Loss Program.

Wednesday 9:30 am or 6:00 pm

“ Together We Can Do It”

Team Purple with Tammy Koppang

Team Purple will have their choice of either an individual personal training session once a week or group personal training held twice a week.

Monday & Wednesday 10:15 am

Team members will also be given an intense cardio/exercise program to be followed between sessions.

*“Exercise Should Be Fun! Making Exercise A Part Of
Your Everyday Life Builds Self-Confidence, Makes You
Feel Great, And Keeps You Healthy.”*

Team Yellow With Chris Langei

Team Yellow will train group personal training style twice a week.

Tuesday & Thursday 9:00 am

and take part in Healthy Creations Weight Loss Program

Wednesday 9:30 am or 6:00 pm

Team members will also be given an intense cardio/exercise program to be followed between sessions.

*“Power Of Your Mind, Strength Of Your Body:
Believe It & Achieve It”*

Team Green With Tyler Soli

Team Green will have their choice of either an individual personal training session once a week or group personal training held twice a week

Tuesday & Thursday 6:00 pm

Team members will also be given an individualized exercise program/ schedule to follow between sessions.

“Commit to Get Fit”

Team Camo With Ryan Carlson

Team Camo will have their choice of either an individual personal training session once a week or group personal training held twice a week.

Tuesday & Thursday 5:30 am

“Get it Right, Get it Tight.”

Team Orange With Jen Oakland

Team Orange will meet twice a week for group personal training

Monday & Wednesday 7:30 pm

and take part in Healthy Creations Weight Loss Program.

Wednesday 9:30 am or 6:00 pm

“ Together We Can Do It”

Team Pink With Megan Pierce

Team Pink will have their choice of either an individual personal training session once a week or group personal training held twice a week.

Monday & Wednesday 6:30 pm

Team members will also be given an intense cardio/exercise program to be followed between sessions.

“Being Fit is Always in Style.”