



2012 Community Fitness Challenge!

How to Play

There are 2 Categories

- Category: 1: Most Fat % Lost
2. Most Muscle Gained

Weekly Requirements

Everyone must weigh-in and/or be fat tested at the beginning and end of the contest (Wks 1 & 8)

It is up to the contestant to decide each week if they want to weigh-in or not.

Questions & Registration

\$75 entry fee gets you;

- Starter kit with free samples
- 2 Body composition tests (beginning and end of contest)
- Meal plan based on your goals
- Free water bottle
- Discounted gym membership (non members only)
- Chance to win GREAT prizes!
- NO taxes on supplements!

All contestants with any questions, please call MAXIMUM FITNESS 326-4885 and speak to staff.

To register, you must go to MAXIMUM FITNESS located at 365 1st Street, Steinbach in person.

Early Registration guarantees you a spot!