

New Year, New You

PEEL OFF



THE POUNDS

COMMUNITY TEAM WEIGHT-LOSS CHALLENGE 2021

Support Your Community! Win Money for Yourself! Win Money for Your Favorite Charity!!

Challenge your friends, family, co-workers, competitors, boards, organizations, schools....

Winning teams will receive a **cash award** to split between your team members and your team's favorite charity!

- Try new fitness classes, including GROOVZ Dance Fitness, Zumba® Fitness, Oula, Zumba STRONG, and Dynamic Toning & Conditioning!
- Meet new and old friends and opposing teams for Saturday morning workouts (Add fun to the workouts by creating a different team dress code for each weekend workout...Optional, but highly encouraged and supported ☺)
- Support your local Community, Restaurants, and Businesses and win prizes donated by them each week you attend a workout. (Prizes announced live each week in the Peel Off The Pounds Challenge Group on FB)
- **Win Cash** for yourself AND **Win A Donation** for your favorite charity!
- IMPROVE YOUR HEALTH and HAVE FUN doing it!!

Here's the Skinny...

Registration:

- Enter your team of 3 or more participants (Each team member registers individually online; Just list team leader when registering)
- Registration Fee \$20 per team member (Pay at initial weigh-in or pay via Venmo to MichellePostGROOVZ or PayPal to groovzdance@yahoo.com)
- Register before Jan. 23 (Late Registrations accepted thru 2/1/20)
- **Challenge Begins Jan. 23 and ends Mar. 6, 2021. (6 Weeks)**
- **Membership at GROOVZ or any other gym is not required to participate.**

REGISTER BY Jan. 25th

Online ONLY at

www.groovzdance.com

(Click on Peel Off The Pounds)

QUESTIONS? EMAIL or TEXT:

alexandrastuart111@gmail.com 406-214-0470

Weigh-ins: TAKE PLACE AT GROOVZ HAMILTON & STEVI (Masks required)

▪ **BEGINNING WEIGH-IN:**

HAMILTON: Before or after any adult fitness class at GROOVZ from Jan 21 - Jan 25 (see schedule at groovzdance.com)

STEVI: 217 Main St.(upstairs): Thursday, Jan. 21 430-7pm, Sunday, Jan. 24 before or after the scheduled 9am Oula class, or Monday Jan. 25 430-7pm (OR text April at 214-5295 to make arrangements)

▪ **FINAL WEIGH-IN:**

Hamilton: Before or after any adult fitness class at GROOVZ from March 3-5 (see schedule at groovzdance.com)

Stevi: Wednesday or **Thursday, Mar. 3-4, anytime from 430-7pm** (or call April at 214-5295 to arrange)

TEAMS DO NOT HAVE TO ATTEND WEIGH-INS TOGETHER. THEY ARE DONE ON AN INDIVIDUAL BASIS, but you must weigh in and out at the same location.

- **IF UNABLE TO ATTEND THE BEGINNING OR FINAL WEIGH-INS, ACCOMODATIONS CAN BE MADE AT DIFFERENT TIMES. (Contact Claire at 531-7909 OR Alexandra at 214-0470 ahead of time to schedule an alternate time.)**
- Only **Total Team Weight Results** will be posted for the Challenge, not individual.
- All weigh-ins are confidential – no other team member will know your weight (unless you tell them!)
- Winning teams determined by **Largest % of Total Team Weight Loss upon Final Weigh-In.**
- **Failure to come to the final weigh in will result in a 2-pound penalty in your team's final results**

What Your Registration Pays...

50% of all registration fees will be distributed as follows (the more people who participate in the Challenge, the bigger the pot for everyone):

- ↳ 25% of total registration fees for this event will be awarded to the designated local charities of the top three "Losing Teams"
- ↳ 25% of total registration fees for this event will be awarded in **CASH** to the top three "Losing Teams" to be split between their team members in the following amounts: **45% to Winning Team** **35% to Second Place Team** **20% to Third Place Team**

50% of registration fees for this event will benefit **GROOVZ** and cover the costs incurred with organizing, planning, and funding the event.

Registration Includes 6 Workouts of your choice: (Optional Classes, but included in \$20 entry fee)

Choose 1 class per week from any of the classes on the current fitness schedule in Hamilton (space limited) or a weekly

Fitness class that will be posted on the Peel Off the Pounds Facebook Group (link provided upon request each week).

GROOVZ-Stevensville OULA classes offered Wednesdays at 630pm & Sundays at 9am

- Challenge class participants are eligible for door prize drawings each week – weekly winner announced each Saturday on FB Live.
- Instructors will offer a variety of difficulty levels for classes and workouts – TRY SOMETHING NEW!!
- **Final prizes and cash awards given at the final workout on Saturday, Mar. 6th IN HAMILTON (NEED NOT BE PRESENT TO WIN BUT AT LEAST ONE TEAM MEMBER MUST BE PRESENT AT FINAL WORKOUT TO RECEIVE WINNINGS)**



Every(Body) WINS...

You Win:

- By strengthening your bones and muscles
- By lowering cholesterol, boosting your metabolism & strengthening your heart
- By eating more healthy
- By losing that dreaded holiday and winter& COVID weight gain!
- By meeting the Challenge with your friends and team members!
- And certainly by winning prizes –
 - **WIN \$\$ as 1st, 2nd or 3rd place teams to be split with your team's favorite charity!**
 - **WIN prizes donated by local businesses and sponsors by attending weekend workouts!**

Our Community Wins:

- By supporting our local restaurants and businesses that donate prizes and form teams.
- By joining together for community weekend morning workouts
- By supporting a Healthy and Fit Lifestyle in the Bitterroot Valley
- By donating a portion of the winnings to several local charities or non-profits

EVENT HOST:

