



HOT **Holidays**

FOR THE

6 WEEK FITNESS CHALLENGE



WEIGH IN
OCTOBER 28TH



WEIGH OUT
DECEMBER 7TH



MEMBERS
\$190/6 WEEKS
***NON-MEMBERS**
\$290/6 WEEKS

*Non-Members get FULL ACCESS to the club for the entire six week challenge.

For more details, contact Tara McDonald at
taraamcdonaldfitness@gmail.com or 903-258-3101

HOW IT WORKS:

This 6 week fitness challenge is a great way to jump into weight loss or stay fit for the holidays. Men and women of all fitness levels are welcome! From October 28th-December 7th, we will work out together in teams, 2 TIMES A WEEK.

Entry Includes:

Nutrition Consultation

Weekly Progress Reports & Motivation

High Energy & Motivating Trainer Influence

Workout & Diet Accountability Scoring

(1) Point for every pound lost

(5) Points for every percent of body fat lost

(Bonus) Challenges along the way to earn extra!



WINNER OF EACH TEAM RECEIVES

(1) FREE MONTH WITH TEAM TRAINER!

All registrations will be accepted at the Tyler Athletic & Swim Club front desk. Weigh-Ins will be on 10/28/19 at 6:30-7:30pm. At that time, workout times will be discussed to best fit teams' schedules. Four (4) time options will be offered to provide flexibility.

RSVP BY OCTOBER 21, 2019 AT 12:00PM



HEAD

Front Desk: 903.561.3014 | tylerathleticandswim.com
Tyler Athletic and Swim | 2767 Oak Creek Blvd | Tyler, TX 75703

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TYLER ATHLETIC
& SWIM CLUB

2019 Hot for the Holidays Fitness Challenge

October 28th-December 7th, 2019

Tyler Athletic & Swim Club



REGISTRATION FORM

First Name: _____

Last Name: _____

Fitness Level: _____

Address: _____

City, St, Zip: _____

Age: _____

Home Phone: _____

Alternate Phone: _____

E-Mail: _____

****Credit Card Information:**

Credit Card # _____ Exp _____ / _____

CVC# _____ ☐ Visa ☐ Mastercard ☐ American Express

Liability Disclaimer – In consideration of the Tyler Athletic & Swim Club and XTC Training allowing myself participation in the program, I release the Tyler Athletic & Swim and XTC Training and Cliff Drysdale Tennis, Inc. and its partners and affiliated officers, directors, agents and employees from and waive all claims, damages and liabilities whatsoever for the property damage loss, personal injury or death arising from or in connection with participation in the program.

Cliff Drysdale Tennis retains the rights to any video and/or photography taken during the program to be used for the company's publicity and advertising.

Signature: _____ Date: _____