



**Penn Oaks 2020
10th Annual
Biggest Loser Contest**

**\$60 Tennis or
Fitness Members**

**\$125 Non-
Members includes
2 month Gym
Membership**

**Register with Jan Herbster
Registration deadline is 1/5/2020
Cash Only!**

Contest Format

- Teams of 4 or more compete for weight loss & team prizes
- Or
- Individual – compete for weight loss prizes

Team Format

- Best Team Name Points
- Activity Points
- Contests/Trivia Points
- Weekly Weigh-In Points

Prizes

- Most Weight Lost
- Highest % Weight Loss
- Team Most Points

Event Dates

- Initial Weigh-In 1/2-1/5
- Contest Begins 1/6
- Contest Ends 2/16
- Contest Rules Review 1/6
- Team Name Contest 1/13
- Team Workout Pick Your Day
- Team Food Contest 1/30
- Team Contest 2/10
- Final Weigh In 2/17 – 2/19
- Big Reveal Party 2/20

Professional Trainer to assist you with...

- Body Fat Analysis
- Body Measurements
- Individual Weigh-Ins

You will get RESULTS!