

WANTED: 25 PEOPLE WHO ARE SERIOUS ABOUT GETTING HEALTHY

FOUNTAIN VALLEY WEIGHT LOSS COMPETITION AND NUTRITION CLASS Pre-Registration Form

IT WILL CHANGE YOUR LIFE. Our Weight Loss Competition and Nutrition Class is unlike any experience you have ever had before. You will learn things about getting healthy, losing the weight and keeping it off that you never knew you didn't know. You will be surrounded by positive, enthusiastic, supportive people who are on the same journey you are. You will be pushed to achieve the dreams and goals you have for yourself, to believe that you are worth it, to believe that you can DO IT. This is a 6-week commitment to yourself and your Teammates and you are expected to be at every meeting, no flaking or dropping out allowed!

We have THREE Competition times. We have room for only 25 people in each Competition and space fills up quickly. PLEASE SELECT THE COMPETITION YOU ARE INTERESTED IN JOINING:

FOUNTAIN VALLEY:

- TUESDAYS 7:30PM beginning September 22nd
 SATURDAYS 8:00AM beginning September 26th

HUNTINGTON BEACH:

- TUESDAYS 9:00AM beginning September 22nd

INFO ABOUT YOU: We will confirm your enrollment via email and a phone call.

Name:

Email:

Phone:

Address:

COST: ONE TIME REGISTRATION FEE \$35 – In order to reserve your spot, please mail payment to Kristi Roberts, c/o Millennium Fitness, 10517 Slater Ave. Fountain Valley, CA 92708.

HOW IT WORKS:

- We take Before and After: Pictures, body fat testing, measurements and more
- Every week we: weigh-in, celebrate all Losers, share Victories and Challenges, discuss a nutritional topic, view a visual demonstration, sample yummy stuff, give away prizes, give reading assignment for next week, have everyone set "Baby Steps" goal for the week, and more
- CASH goes back to TOP 3 BODY WEIGHT % LOSERS and MOST INCHES LOST loser

WHAT YOU CAN EXPECT:

- To learn a lot about getting the weight off the right way, keeping it off, and nutrition and health in general
- To learn a lot about yourself
- To bond with new friends
- To have your life changed in some form or another

WHAT YOU NEED TO DO:

- Show up EVERY week
- Take the process and yourself seriously
- Be 100% present and bring your whole self to every meeting, get involved
- Be willing to change

*** NOTE: This event is sponsored by Herbalife International and Millennium Fitness. We use this platform to share about our services available to you to help you improve your health and wellness. There is never any obligation to purchase our services or products.

READ BELOW FOR THE NEXT STEP

LOOKING FOR AN EDGE TO HELP YOU WIN the CASH PRIZES??

There will be 24 other people working their butts off to WIN THIS THING.
What will YOU do to keep up with them or just exceed your own expectations?

JOIN OUR 6-WEEK WEIGHT LOSS COMPETITION “WINNING FORMULA” BOOTCAMP PROGRAMS

Group workouts in our private studio with our world-class trainer at an unbelievably low price!

HOW IT WORKS:

1. Put an X next to the Program (Silver, Gold or Platinum) that will best help you meet your goals
2. Put an X in ALL time slots that work for your schedule
3. Indicate your estimated fitness level
4. Email this document to us with your selections to reserve your space
5. We coordinate the groups based on first-come, first-serve basis
6. Once we have a final headcount, we will confirm with you and you mail in payment

PROGRAM NAME	TIME SLOTS - SELECT ONE	COST FOR 6 WEEK PROGRAM		SAT BOOTCAMP (outdoors) (Usually \$20)
		3 PEOPLE per group	4 PEOPLE Per group	
<input type="checkbox"/> LEVEL 1-Silver: “DOIN IT” 1 DAY A WEEK 6 sessions total	Saturday morning Only	N/A	N/A	\$50 for 6 weeks prepaid (\$8.30 per session)
<input type="checkbox"/> LEVEL 2-Gold: “GETTIN IT DONE” 2 DAYS A WEEK 12 sessions total	TUES/ THURS Slots available: <input type="checkbox"/> 9am <input type="checkbox"/> 10am (in HB) <input type="checkbox"/> 5pm <input type="checkbox"/> 6pm <input type="checkbox"/> 9pm	\$215 per person (\$18/session)	\$199 per person (\$16.50/session)	BONUS DAY: \$5 per session (this is a separate cost)
<input type="checkbox"/> LEVEL 3-Platinum: “KNOCKIN IT OUT” 3 DAYS A WEEK 18 sessions total	MON/WED/FRI Slots available: <input type="checkbox"/> 6am <input type="checkbox"/> 9am <input type="checkbox"/> 6pm <input type="checkbox"/> 7pm <input type="checkbox"/> 8pm	\$270 per person (\$15/session)	\$249 per person (\$13.50/session)	BONUS DAY: FREE!
Please indicate the word that best describes your fitness level: <input type="checkbox"/> Beginner <input type="checkbox"/> Intermediate <input type="checkbox"/> Advanced				

RESERVE YOUR SLOT NOW

WE CAN ONLY TAKE UP TO 4 PEOPLE PER SESSION!!

Have someone you want to train with?

Refer them to us and if they sign up for Level 2 Gold or Level 3 Platinum Programs, you get 15% credit towards your next Program!

SAVE THIS DOCUMENT TO YOUR COMPUTER

AND EMAIL AS AN ATTACHMENT TO KRISTI@2KFITNESS.COM or fax to (888) 316-5932

PHONE: 714-442-2726 * info@2kfitness.com * www.2kfitness.com