

2023 Holiday Hustle Rules & Guidelines

Registration:

- Teams will be made up of two (2) participants
- Completed registration forms can be submitted anytime between now and Wednesday, November 22nd.
- Teams must weigh-in between Thursday, November 17th (starting at 6 a.m.) and Wednesday, November 22nd (by 8 p.m.)
- Weigh outs will begin on December 30th (starting at 6 a.m.) and end on January 5th (by 8 p.m.)
- Registration fees (\$50 per team) includes one program t-shirt per participant, admission to all holiday fitness competition specialty classes and related events, 10 guest passes to distribute among the team or to give to guests, nutrition and exercise logs for tracking progress, and a shot at the \$1,000.00 GRAND PRIZE.
- Membership joining fee waived for all participants if membership is placed before 2024

Weight Measurements:

- Both team members *must* be present for weigh-in and weigh-out (weight measurements will be verified by 2 staff)
- Weekly weigh-ins are optional and must include both team members
- Photo ID may be required for weigh-ins
- Participants must wear light-weight clothing for all weigh-ins
- Shorts, t-shirts, and socks required; changing facilities available
- Items on-your-person, accessories, and shoes need to be taken off for weigh-ins
- A team photo will be taken at the initial weigh-in to ensure participants are wearing the same clothing at each weigh-in and at weigh-out

Earning Points toward 'Most-Spirited' Team:

- Participating in the point system is optional
- A Holiday Hustle program & incentive schedule will be posted and communicated to all teams throughout competition
- For Holiday Hustle 'special events', there is no charge and these may include weight-loss or healthy-eating workshops, specialty classes, daily workouts, etc. Guest passes do not have to be used for these events.
- Points can be acquired by participating in weekly team weigh-ins (both team members must be present)
- Weekly activity and/or food logs can be turned in by individual team members for 10 points each

Prizes:

The ultimate goal is to maintain your weight throughout the holidays; however, the team that loses the highest percentage of weight throughout the competition will be crowned the **Biggest Losers**, winning the GRAND PRIZE OF \$1,000.00.

The additional prize opportunities are the **Male & Female Biggest Losers**. This prize will be awarded to both the male and female who is the biggest individual loser of the competition. The same rules apply, and the crowned winners will be gifted an annual membership. This membership is allowed to be gifted away to anyone.

The **Most Spirited** team (the team who earns the most averaged points throughout the competition) will win a joint private pool party and one session of private lessons for each participant.

Weekly prizes will be drawn for those who attend specialty classes. At the end of each specialty class, a winner will be drawn at the end of the session to win a prize.