

THE POWER METHOD PRESENTS:
DENVER'S BIGGEST WINNER



\$2500 CASH PRIZE TO WINNING TEAM
6 WEEKS: SEPT 13 - OCT 27
THEPOWERMETHOD.COM

6 - Week Body Transformation Contest starts Sept 13th. Packages start at \$50 per person. No membership required, 5 people per team. Includes beginner and advanced fitness boot camps, small group personal training, TRX, Kettlebells, Pilates, Yoga, nutrition and More.

The Power Method: Denver's Biggest Winner

Motivation Package (\$50 per team member)

Includes:

- Reserved spot on team
- Eligibility for the \$2,500 grand prize (\$500 per team member)
- (3) Bi-Weekly Biggest Winner Boot Camp Sessions
- Anne Parker as a personal motivator via group email
- (1) Nutrition program and seminar

All In Package \$99 (per team member)(current clients only)

Organize your own group of 4 and pay this special rate for current clients only

Includes:

- Motivation Package
- The Power Method: Unlimited Class Membership
- Team Coach: One Power Method Performance Coach per team will provide:
- (2) Small-group personal training sessions with your team
- Nutrition plan and weekly recipes
- Weekly Q and A via emails with your performance coach
- Weekly workout program provided via email

All In Package \$150 (per team member)(new clients only)

This package is for new clients only

Includes:

- Motivation Package
- The Power Method: Unlimited Class Membership
- Team Coach: One Power Method Performance Coach per team will provide:
- (2) Small-group personal training sessions with your team
- Nutrition plan and weekly recipes
- Weekly Q and A via email with your performance coach
- Weekly workout program provided via email

“Add Ons”

- \$39 (2) Before and after body fat testing and measurements
- \$69 (2) 30 - minute nutrition consultations (in person or via phone/email)
- \$299 Advocare 24 - Day Challenge – Accelerate your results!
- \$299 Unlimited Group Personal Training Sessions (by appointment)

Rules of the Contest:

- Regardless of entry fee or package level you sign up for, you will be eligible for the Grand Prize
- Five (5) people to each team, must include three (3) non-members/clients (no obligation to join)
- A team may consist of five (5) non-members
- The first weigh-in is Sept. 6 – Sept. 13 (no weigh-ins after Sept. 13).
- The final weigh-in is Oct. 27 - Oct. 31
- Mandatory weigh-ins every 2 weeks. If any team member fails to weigh-in prior to the required dates, the team will automatically be disqualified.
- All contestants must complete a registration and liability form
- Members and non-members are recommended to complete 3 workouts per week minimally (18 total workouts) during the contest. A combination of strength training, cardiovascular, and group fitness classes are recommended to achieve maximum results.
- Participants must weigh-in without shoes
- Participants can come 1 hour before Power Method classes and 1 hour after Power Method classes for weigh-ins (during weigh-in weeks only)
- A minimum of 10 teams must participate in order to run the contest. A full refund will be given to each participant if the minimum requirements are not met
- No refunds will be issued after registration fee is paid, with the exception of the minimum requirements not being met
- If there are more than 10 teams, the grand prize is still \$2,500
- The team that loses the greatest percentage of their starting team weight wins

Dates:

Weigh-In #1 Sept. 6 – Sept. 13

Weigh-In #2 Sept. 29 – Oct. 3

Weigh-In #3 Oct. 13 – Oct. 17

Final Weigh-In Oct. 27 – Oct. 31

Biggest Winner Finale Party – Saturday October 30th 11am – 1pm – Winning Team will be announced!

THE POWER METHOD

EMPOWERED FITNESS

Fall 2010 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7am TRX Boot Camp (Emma)	6 – 7am WillPower & Grace (Andrea)	6-7am TRX Boot Camp (Dana)	6-7am TRX Power Circuit	6-7am TRX and Power Pilates (Halima)	
9-10am TRX Power Circuit (Anne)	6 – 7am 1000 Calorie Burn/Small Group PT (Dana)	9-10am TRX Boot Camp (Anne)		9-10am TRX Body Blast (Dana)	8-9am TRX Boot Camp Level 1 & 2
9 – 10am 1000 Calorie Burn/Small Group PT (Dana)	12 – 1pm 1000 Calorie Burn/Small Group PT (Dana)	9 – 10am 1000 Calorie Burn/Small Group PT (Dana)	12 – 1pm 1000 Calorie Burn/Small Group PT (Dana)	9 – 10am 1000 Calorie Burn/Small Group PT (Dana)	9-10am TRX Body Blast
12 – 1pm TRX Boot Camp (Emma)	3:45-4:45pm Kids TRX Boot Camp (Emma)	12 – 1pm TRX Boot Camp (Anne)	3:45-4:45pm Kids TRX Boot Camp (Emma)	12 – 1pm TRX Boot Camp (Emma)	
5:30 – 6:30pm TRX Body Blast (Emma)	5:30 – 6:30pm TRX Power Circuit (Anne)	5:30 – 6:30pm TRX Power Circuit (Anne)	6:15– 7:15pm 1000 Calorie Burn/Small Group PT (Dana)	5:30 – 6:30pm TPM Happy Hour	
6:30 – 7:30pm TRX Power Circuit (Emma)	6:30 – 7:30pm WillPower & Grace (Andrea)	6:15-7:15pm TRX Boot Camp Level 1 & 2 (Halima)	6:15-7:15pm TRX Boot Camp Level 1 & 2 (Halima)		

The Power Method Class Descriptions

TRX Boot Camp: This is the program you have been hearing about! A fitness boot camp adventure for those who aren't afraid of a little sweat! This class will challenge all fitness levels through TRX Suspension Training, body weight and dumbbell exercises, and interval training.

TRX Body Blast: Build overall strength and endurance with this highly efficient Suspension Training program. Body Blast is a non-stop workout set to music, where you spend the entire time using the TRX.

TRX Power Circuit: Challenge yourself with this fast-paced workout combo of TRX and cardio drills. Timed sets will keep your heart rate pumping as you power through the reps at your own pace.

TRX Yoga Sculpt: TRX Yoga Sculpt is a total body workout designed to tone and sculpt every major muscle group. The TRX Suspension Trainer and dumbbells assist you as you move through sun salutations and other yoga postures, enabling extra length and depth in each pose. This intense, but easy to follow program will push your strength and flexibility to new heights.

WillPower & grace®: A strength building, cardiovascular barefoot training session with a focus on developing foot, ankle, knee and hip stabilization to facilitate good movement and prevent injury. This class is appropriate for all fitness levels. Get ready to sweat and experience a workout like no other.

Kids TRX Boot Camp: Kids love playing on the TRX, so we designed a play session/workout to develop cardiovascular strength, core stability, functional strength, agility and power development. We bring the playground indoors and add the TRX. It's a workout that will seem like playtime!