

**Constantine Community Fitness Center**  
**BIGGEST LOSER**  
**COMPETITION**

**~Initial Kickoff Biggest Loser Meeting**

**Wednesday, January 27 at 6pm**

**Informational Meeting with Niki Tulley- Personal Trainer**

Rules of the competition

3 ring binder with weight loss information

1<sup>st</sup> weigh in & work out – dress appropriately

Body Composition analysis

**~Cost**

\$40 Members

\$60 Non members and must pay a drop in (\$5) fee each workout

**~Confidential**

Each participant will be assigned a number

Percentage of body weight lost

**~Wednesday Weigh ins!** Must be with Ken Rimer 5:30-7:30am or at the Weekly workout/weigh in with Niki Tulley 5:30-7pm

\*if you miss a weigh in, you will gain 5lb. for the week and not be included in the weekly prize drawing.

**~Weekly Results** will be posted on Thursdays (by your participant #)

**~Weekly Prize Drawings**

**~Final Weigh In** Wednesday March 24

**~Winners Announced**

CPS Staff vs. Police Basketball Fund Raiser game March 26<sup>th</sup> @ 7pm  
in the Middle School Gym, proceeds going to MI-COPS.

**~Grand Prize**

Male and Female Winners (if we have minimum of 5 of each gender)

1<sup>st</sup> Place- Annual Membership

2<sup>nd</sup> Place- 6 month Membership