



Lose Dat® **TEAM WEIGHT LOSS** Challenge

Get ready to shed pounds of body fat with the return of Franco's Lose Dat®!

The Spring 2020 program runs participants through **10 weeks of workouts & training**.
The challenge is scored on **percentage of fat pounds lost**
& offers a **cash prize** to the **TOP TEAM & TRAINER**

March 2 – May 8, 2020

Program Pricing:

\$50 REGISTRATION FEE PLUS...

\$599 PROGRAM RATE

Not a Franco's member? See a membership rep to obtain a 3-month short or long term membership
You can choose FULL MEMBERSHIP ACCESS or LIMITED 2-hour time zone access to attend ONLY your training sessions.

Important Dates:

Initial Weigh Ins

Tour de Franco's 2-hr Workout

Final Weigh Out

Award Reception

Monday & Tuesday, March 2 & 3

Sunday, March 29 (7am – 8:45am)

Thursday & Friday, May 7 & 8

Friday, May 15 (subject to change)



2020 Lose Dat® Team Challenge

10-week program: Mar. 2 – May 8, 2020



Registration Packet

Non-members may contact Membership at 985-792-0200 for short or long term membership options.

Member Name _____ Date _____

Franco's Acct. # _____ Phone # _____

E-mail _____ D.O.B _____ Age _____

PREFERRED TEAM / T-SHIRT



Preferred Team / Trainer (consult the attached trainer schedule):

1st choice _____

2nd choice _____

3rd choice _____

T-Shirt Size (you will receive one free shirt, additional shirts are \$20)
Ladies shirts run small. Sample shirts are at the Program Registration Desk.

Choose ONE: ___ crew neck or ___ ladies fit

S M L XL 2XL 3XL 4XL ___ # additional shirts (\$20 each)



PROGRAM PAYMENT

NO REFUNDS ISSUED ONCE THE PROGRAM BEGINS on March 2 ___ *Initial here*

\$50 registration fee at time of enrolling to save your spot then...

\$599 Lose Dat® Program Fee

NOTE: Franco's members may finance Lose Dat® monthly for a \$5/month finance fee between now and May 2020.

Payment Received	For Office Use Only	Intl's _____
___ Check # _____ ___ Cash	___ Franco's Membership Account (full amount)	
___ C.C. _____	Exp _____ Code _____	
If member has charging privileges: ___ Franco's Membership Account (full amount) # _____		
Or ___ monthly *payments (Feb _____, March _____, April _____, May _____)		
*includes the \$5/month finance fee if spreading program rate out over monthly installments, last installment must be paid in May 2020.		

I _____ hereby accept all risks associated with my participation in Franco's Lose Dat® Team Weight Loss Program and release and forever discharge the **Franco's, its employees - including its personal trainers ("TRAINER"), Franco's, and any other officers, agent or volunteers of Franco's ("RELEASEES")** from any and all responsibilities or liability from injuries or damages resulting from or connected with my participation in any of the exercise programs whether arising from the negligence of the RELEASEES or otherwise.

1. I acknowledge and fully understand that I will be engaging in training activities that potentially involve the risk of serious injury, permanent disability or death. Other possible risks may include social and economic losses which might result not only from the RELEASEES own actions, inactions, or negligence, but the actions, inactions, or negligence of others, the condition of the premises or any equipment. Further, that there may be other risks not known or not reasonably foreseeable at this time. I hereby assume full responsibility for all the foregoing risks, known and unknown, and accept responsibility for the damages following any injury, permanent disability, or death.
2. I further acknowledge and understand that Franco's, **its personal trainers and other employees are not licensed medical professional or physicians** and that any information or guidelines provided through the Lose Dat® program, its personal trainers or other employees carries no warranty of any kind, expressed or implied, including, but not limited to, warranties regarding safety or suitability for a particular purpose.
3. Franco's/Lose Dat/Ultra Fit and its employees will implement the most effective principals to help the participant achieve his or her goals within the TRAINER'S *scope of practice*, but cannot guarantee that its products or workouts will be safe, effective or suitable for everyone. For that reason, all services, programs, techniques and materials embodied in such services, are offered without warranties or guarantees of any kind, expressed or implied, and the TRAINER, Franco's and its employees disclaim any liability, loss or damages that may result.
4. **I understand that a physician's approval is highly recommended prior to participating in this program** and have either obtained a signed approval from my physician or have signed the *Physicians Release Form* if I meet one or more of the following criteria: 1) am male age 45 or older, 2) am female age 55 or older, 3) answered "yes" to one or more questions on the *Health History Questionnaire above*.
5. I also acknowledge that some exercise programs might be held outside of Franco's, and hereby accept all risk associated with all offsite exercise programs.
6. I have read this document in its entirety and agree to adhere to all its precepts, as well as all other terms and conditions of Franco's Lose Dat Program. I understand the risks and benefits of the program and any questions that I may have had have been answered to my satisfaction. Upon participation, I do hereby discharge, release and hold harmless the TRAINER, Franco's and its employees from any and all liability for damage claims or losses of any kind or character whatsoever resulting from any injury or condition I may suffer, or resulting from my participation except if such damage(s) or injury(s) is primarily the direct result of gross negligence or misconduct of the RELEASEES and not caused in part by my own negligence.

IMAGE RELEASE Franco's Athletic Club, its members and its employees request and hereunder signed agrees to grant all rights to use my name, photo, voice, appearance, and performance to record on or transfer to video tape, film, slides, photographs, audio tape and or other media now known or later developed to be used for broadcast, exhibit, market, sale, or to be otherwise distributed. I (the signee) hereby release Franco's, its members and its employees or vendors from responsibility for any personal injury suffered by me during production.

BY SIGNING THIS AGREEMENT, I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS VOLUNTARY EVENT AND I AM AGREEING TO THE PARTICIPANT AGREEMENT AND RELEASE OF LIABILITY.

Participant's Signature

Date

Participant's Name *(Please print legibly)*