



Franco's Lose Dat® **TEAM WEIGHT LOSS** Challenge

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

8 weeks of small group training

The challenge is scored on % of fat pounds lost & offers a \$1,000 cash/prizes to the **TOP TEAM**

\$500 cash/prizes to the TOP MALE & TOP FEMALE

+ CASH & PRIZES ANNOUNCED after registration is complete & dependent on # of teams!

Sept. 19 – Nov. 11, 2022

Program Pricing:

\$75 Enrollment Fee

Receive \$25 OFF for each new Lose Dat member you get to join!

\$599 Early Bird Program Fee (Aug 8 – 19 only)

\$669 after Aug. 19

Important Dates:

Initial Weigh Ins

Monday & Tuesday, Sept. 18/19

Final Weigh Out

Thursday & Friday, Nov. 10/11

Finale Awards Ceremony

Thursday, Nov. 17 6:30 – 9pm

Teams train TWO (2) days per week with team leader/trainer + Nutrition Seminars, Group Exercise Classes & Specialty Classes including Cardio Tennis, CrossFit, Zone30, Aqua Plyo, Pilates Reformer and more!

Teams weigh in every other week for Individual + Team Leaderboard posting!

Not a member? A membership rep will assist in obtaining a short-term membership with full access to the club and classes!



2022 Fall Lose Dat® Team Challenge

8-week program: Sept. 19 – Nov. 11, 2022



Registration Form

Member Name _____ Date _____

Franco's Acct. # _____ Phone # _____

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

PREFERRED TEAM / T-SHIRT



Preferred Team / Trainer

1st choice _____

2nd choice _____

****T-Shirts are only given to those that are registered EARLY and by August 19**

T-Shirt Size (you will receive one free shirt **if registered by August 19**, additional shirts are \$20)

Choose ONE: ___ unisex crew t-shirt or ___ ladies sleeveless muscle tank

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

PROGRAM PAYMENT



This is an investment and commitment to yourself and your health!

NO REFUNDS ISSUED ONCE THE PROGRAM BEGINS on Sept. 19 _____ Initial here

\$75 Enrollment Fee (non-refundable) Receive \$25 off with each new Lose Dat member enrolled!

\$599 Lose Dat® Program Fee (early bird rate through August 19)

\$669 Lose Dat® Program Fee (if registered after August 19)

NOTE: Registration Fee must be paid at time of enrollment. Program Fee must be paid in full before the program begins or put on your membership account to finance by November for a \$10/month finance fee.



Our Lose Dat Nutrition Expert has written a book to help supplement your resources and success during the program. Scan the QR Code to order **Eat What You Love & Lose Weight** for \$37.

Payment Received (office use only)

___ Check # _____ ___ Cash
___ C.C. _____ Exp _____ Code _____
___ Franco's Mbshp Acct (full amount)
___ Franco's Mbshp Acct/ split payments (Add \$10/month) \$ ___ Aug \$ ___ Sept \$ ___ Oct \$ ___ Nov

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® 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*.
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)