

Celebrating Lose Dat®'s 20<sup>th</sup> Season + Franco's 35<sup>th</sup> Anniversary!



# March 6 – April 28, 2023

8 weeks of small group training

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!

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



Fall 2022  
Winning Team

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



**JOHN**

Lost 24 lbs fat  
-4.5" chest  
-7" waist  
-4" hips

Team Chris  
Fall Lose Dat 2022

Spring 2023 Lose Dat starts March 6  
985.792.0205  
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**SHELLEY**

Lost 9.7 lbs fat  
-1.5" chest  
-2" waist  
-3" hips

Team Chris  
Fall Lose Dat 2022

Spring 2023 Lose Dat starts March 6  
985.792.0205  
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**KRISTIN**

Lost 12.8 lbs fat  
-2" chest  
-3.5" waist  
-2" hips

Team Klynn  
Fall Lose Dat 2022

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**NICK**

Lost 24.4 lbs fat

-3.5" chest  
-2.5" waist  
-1" hips

Team Kelsey  
Fall Lose Dat 2022

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**CHAD**

Lost 26.4 lbs fat  
-3.5" chest  
-6.5" waist  
-3" hips

Team Chris  
TOP MALE  
Fall Lose Dat 2022

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**CHARLOTTE**

Lost 18.1 lbs fat  
-2.5" chest  
-4" waist  
-4" hips

**TOP FEMALE**  
Team Chris  
Fall Lose Dat 2022

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The average weight loss is 1-2 pounds of fat per week.  
Weight loss is dependent on your nutrition discipline and physical activity.

# franco's 2023 Spring Lose Dat<sup>®</sup> Team Challenge

8-week program: March 6 – April 28, 2023



## Registration Form

Member Name \_\_\_\_\_

E-mail \_\_\_\_\_ Phone # \_\_\_\_\_

Today's Date \_\_\_\_\_ D.O.B \_\_\_\_\_ Age \_\_\_\_\_

### PREFERRED TEAM / T-SHIRT



Preferred Team / Trainer

1<sup>st</sup> choice \_\_\_\_\_

2<sup>nd</sup> choice \_\_\_\_\_

**\*\*T-Shirts are only given to those that are registered EARLY and by February 10**

**T-Shirt Size** (you will receive one free shirt **if registered by February 10**, additional shirts, if available, 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 March 6**

\_\_\_\_\_ Initial here

**LAST DAY TO ENROLL IS THURSDAY, MARCH 9**

**\$75 Enrollment Fee** (payable at time of registration to hold your spot and is non-refundable)

**PROGRAM FEE**, choose one:

**\$599 Lose Dat<sup>®</sup> Program Fee – EARLY BIRD REGISTRATION by Feb. 10**

**\$669 Lose Dat<sup>®</sup> Program Fee – after Feb. 10**

**\$0 I am sponsored!** The following business is paying the program fee & sponsoring me therefore I only pay the registration fee & they will receive promotional benefits & perks as stated in the Lose Dat Sponsorship package level that they chose.

**Sponsored by:** \_\_\_\_\_

**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.

#### 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) \$ \_\_\_\_\_ Feb \$ \_\_\_\_\_ Mar \$ \_\_\_\_\_ Apr \$ \_\_\_\_\_ May

## LOSE DAT PROGRAM RELEASE OF LIABILITY

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)*