



Fitness Improvement Training



Highland Park Hospital
Health and Fitness Center
in Buffalo Grove

Register now through January 28th, 2012!

Participants will be placed on Teams, coached by one of Highland Park Hospital Health and Fitness Center's Personal Trainers!

You will work out in Team Training Classes, receive weekly nutrition/ exercise/ and motivation information, and compete in two Team Challenges to assist your commitment to **improved fitness levels and lose weight!**

All Participants will receive:

- 12 Team Training Class options per week
- One Nutrition and Exercise Educational Lecture per week
- A Team colored PolyTech shirt
- Email Support from a Team Coach
- Weekly prizes for weight loss, and classes attended

Program Duration:	January 30 th - March 10 th
Registration:	January 9 th - January 28 th
Initial Weigh- In:	January 30 th -February 4 th
Weigh-in #2:	February 13 th - February 18 th
Final Weigh-in:	March 5 th – March 10 th
Team Challenge #1:	February 18 th , 8:30am – 10am
Team Challenge #2:	March 10 th , 8:30-10am
Closing Ceremonies:	March 10 th (<i>following the team challenge</i>)

\$99 for HPHHFC Members/\$199 for Non-Members

Awards: *Weight Loss* – Largest percentage overall weight loss: **\$250 Cash!**
Weekly Classes (Consistency) – Top individual each week: **Gift cards and Club Cash**
Team – factors include total percentage loss, Team Challenges, participation, and Competitions: **Credit towards membership dues!**

Cash Prizes!