



12 Week Challenge September 27th - December 17th

Receive a FREE t-shirt if you sign up before September 20th

The Biggest Winner is a free 12 week challenge open to all members! All participants will be divided into 2 teams. There are 2 categories; Participation and Weight Loss.

Each individual is required to record their workouts; 1 point will be recorded for working out a minimum of 30 minutes and 2 points recorded for a workout of a minimum 60 minutes or attending a class. You may only record a maximum of 2 points per day. You can use a variety of activities to obtain points such as strength training, cross-training, and all classes provided as long as they are performed at Bankers Hall Club. Your goal is to collect the most points and prove to yourself, along with fellow teammates, you are dedicated and driven to maintain your health. Taking the Biggest Winner Challenge gives you a great opportunity to set personal goals and see results! If you choose to participate in the Weight Loss category you will be provided with a tracking sheet to record your weekly weigh-in as well as support and motivation from your team leader to help you stay on track to losing body fat. Along with this goal you will also make gains in strength and endurance and enhance your overall health.

As a participant in The Biggest Winner, you will receive weekly fitness challenges provided by our fitness consultants, given weekly nutritional tips including healthy recipes to try at home, and motivational information. Sign up today and cheer on your team mates on their path to healthy living!