

no whining no quitting no excuses

KEEP IT STRONG CONTEST!

Here's the deal folks: Individual who attends the most Studio Jear classes October 1, 2018 through December 31, 2018 wins **1st PRIZE - FREE JANUARY AND FEBRUARY 2019 MONTHLY PASSES!** This is the time of year when people tend to slack off on their workouts, eat non-stop and start to stress out. Studio Jear is going to counter-act that with this motivational contest! Look AND feel great for the coming holidays – stay on track!

Stick to your workouts and attend classes – Special Events and FREE workouts that we offer count!

- Contest begins October 1, 2018 and ends Monday, December 31st.
- You must register for the contest:
 - Email us at zumbajear@yahoo.com – provide your first and last name.
 - Register in classes.
- You must do an confidential initial weigh-in.
- You must do a final weigh between Dec 24th and Dec 31st.
- **WINNER** will be announced in Saturday, January 5, 2019 during Zumba Fitness Class!

In the event of a tie, the WINNER will be the person who has lost the most weight from their initial weigh-in to the December 2018 weigh in.

This is a WIN-WIN folks! Not only will you stick to your workouts during the hectic holiday season but you'll also get 2019 started off the right way with **January and February FREE Monthly Passes!** Everyone will be ahead of the game – ***forget new year's resolutions*** – stick to your workouts now! Even if you don't achieve your year-end goals for 2018 – get as close as you can!

SEE PAGE 2 FOR RULES AND
POINT SYSTEM!



PHONE: (904) 733-3724 / Email: zumbajear@yahoo.com

www.zumbajear.com

KEEPING IT STRONG CONTEST – 10/1/18 thru 12/31/18!

THESE ARE THE DANGER MONTHS – STICK TO YOUR WORKOUTS!

1ST PRIZE – FREE JAN AND FEB 2019 MONTHLY PASSES! Includes ALL of Studio Jear's Workout Programs!

2nd PRIZE – FREE 10 CLASS CARD OF YOUR CHOICE

3rd PRIZE – FREE 5 CLASS CARD OF YOUR CHOICE

BEST PRIZE OF ALL where everyone wins – you stay in shape – mind, body & spirit! LOOKING & FEELING GREAT THRU THE HOLIDAYS NOT TO MENTION READY FOR THE NEW YEAR!

RULES

- Participants must register – email zumbajear@yahoo.com and give your first and last name OR sign up in class – make sure we have your email address! *You can join the contest at any time – we've seen it many times – the underdog comes from behind and wins the 1st prize!*
- Prizes are not redeemable for cash / Prizes are non-transferable unless mutually agreed upon with Studio Jear Group Fitness
- Initial confidential weigh in and December 2018 final weigh ins are mandatory to be part of the contest.
- Each Monday - your total for the previous week will be available. Email zumbajear@yahoo.com; We recommend checking your weekly totals on Mondays via email – this way we're both on the same page!
- If you arrive 20 minutes late for a class – you will get half the point

POINT SYSTEM:

| POINT VALUE | POINT VALUE | POINT VALUE | POINT VALUE | POINT VALUE |
|----------------|--------------|----------------|-------------------|--------------------------|
| HOURLY CLASSES | FREE CLASSES | SPECIAL EVENTS | 2 HOUR ZUMBA JAMS | PURCHASE OF MONTHLY PASS |
| 2 points | 1 point | 3 points | 4 points | 2 points |



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