

GOOD LIFE FITNESS
SHRED TRANSFORMATION
8-Week Challenge **2022**

FREE
COMBO
CLASSES

MYFITNESSPAL
101 CLASS

FINISHER
PARTY

A GOOD
TIME

**CHALLENGE
PERKS!**

ACCOUNTABILITY

MINI
CHALLENGE
PRIZES

ONE
FREE CLASS
EACH WEEK
INCLUDES BOOT CAMP

REQUIRED DATES:

START: MONDAY, MARCH 21ST

ALL measurements will ONLY be taken at GLF Southeast. We will have an InBody scanner (thanks Nutrition Authority), so we can ONLY accommodate the dates listed.

- Friday, March 18th: 5-7pm
- Saturday, March 19th: 8am-noon

END DATE: SUNDAY, MAY 15TH

End measurements:

- Friday, May 13th: 5-7pm
- Saturday, May 14th: 8-noon

FINISHER PARTY: THURSDAY, MAY 19TH

Party will be at Grata (70th & A) at 7pm. ALL finishers will receive a goodie bag. Winners will be announced and prizes given out. For EVERY pound lost, GLF will donate equal dollars to the Food Bank of Lincoln.

OPTIONAL DATES:

KICKOFF CLASS: SATURDAY, MARCH 19TH

90-minutes of fun! We will do a 3-group rotation of REV-X, FIRE, & Boot Camp.

MYFITNESSPAL 101: SUNDAY, MARCH 20TH - 3PM

Learn the ins and outs of the MyFitnessPal App for food log requirements..

MID CHECK-IN: SATURDAY, APRIL 16TH

Mid-way measurements: Saturday, April 16th: 9am-11am

NUTRITION UPGRADE WEEKLY MEETINGS

Every Sunday : 2pm at East Location

CHALLENGE OPTIONS:

OPTION 01

\$35: Single Entry or \$70: Team Entry

Join challenge "as is". Complete all requirements and submit.

OPTION 02

+ \$100: Nutrition Upgrade

Receive ONE 30 min. nutrition session where macros and calorie goals are established. Includes a weekly meeting with other nutrition upgrade members.

OPTION 03

+ \$199: Boot Camp Upgrade

Includes 8 weeks of Boot Camp.
*10% discount if purchased with Nutrition Upgrade.

REQUIREMENTS

- **42 WORKOUTS (56 DAYS)**
WEEKENDS COUNT AS DOUBLE
- **ONE CLASS PER WEEK**
- **LOG FOOD 3X PER WEEK**
- **BODY COMPOSITION TESTING**
(START & END)
- **BEFORE & AFTER PHOTOS**

***MINI CHALLENGES ARE NOT REQUIRED, BUT A GREAT WAY TO STAY ON TRACK AND HAVE FUN WITH THE CHALLENGE!**

ADDITIONAL DETAILS:

We want to invite YOU to join in the spring Good Life Fitness new and improved 8 week challenge! Some things have changed! So be sure to read.

As before, we will have 3 categories: Male, Female and Team (can enter single and team). Employees will be in a separate pool and eligible for Individual and Team. All monies pooled will be split for a cash prize for top finisher in each category. 2nd and 3rd place will receive membership prizes. All will be awarded at our Finisher Party, so save the date!!!

Our goal at Good Life is to promote overall wellness through fitness and nutrition. We understand that you must have both working together in order to have the best results. We do not believe in severely restricting calories or carbohydrates, as these will backfire over the long term. We have added an optional nutrition package which will be there for support, troubleshooting and accountability. If you have any questions about this, please let us know. We also have added the requirement of ONE class at Good Life fitness weekly (free for participants). Depending on your personal goals, you can hop into any class....Boot Camp, Spinning or even Yoga!

All challengers will be judged by a combination of factors including: Body scan results, all measurements, before & after pictures, and completion of requirements.

Please join our Good Life Fitness 2022 8 week Shred Transformation Challenge Facebook page for all the details. In this group, you will find a community of others with the same goals. We will also post mini challenges (not required) to help you stay on track throughout the challenge.

When you finish, you MUST turn in your packet at your final measurement. This includes: Before & After photos, workout log, food log. Then....get ready to party!!! We will be announcing the winners and handing out checks at the Finisher Party! All participants are invited to attend to celebrate everyone's successes and mingle with GLF instructors and staff! Goodie bags will be given to all challenge finishers regardless of results. Winners will be featured in pictures and/or videos conducted by Monster Media shortly after the challenge is completed.

March

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FREE CLASS
		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18 Starting Measurements 5-7pm @ East	19 Starting Measurements 8-10am @ East	
20 MyFitnessPal 101 3pm @ East	21 8-WEEK CHALLENGE STARTS!	22	23	24	25	26	
27	28	29	30	31			

April

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FREE CLASS
					1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16 Mid Check-in 9-11am @ East	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	

May

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FREE CLASS
1	2	3	4	5	6	7	
8	9	10	11	12	13 Ending Measurements* 5-7pm @ East	14 Ending Measurements* 8am-noon	
15 8-WEEK CHALLENGE ENDS!	16	17	18	19 Finisher Party!!!	20	21	
22	23	24	25	26	27	28	
29	30	31					

* TURN IN PACKET AT MEASUREMENTS