

2026 "POUND THE POUNDS" TEAM WEIGHT LOSS COMPETITION

RECRUIT YOUR FAMILY, FRIENDS, CO-WORKERS!

Minimum 6 Teams required

» **DON'T JUST
DREAM IT,
GO GET IT!**

*Earn points for your Team
through weekly weigh-ins,
workouts & challenges!*

COMPETITION DETAILS:

REGISTRATION DEADLINE

FRIDAY, JANUARY 2ND

CONTEST START DATE

WEDNESDAY, JANUARY 7TH

FIRST WEIGH-IN

WEDNESDAY, JANUARY 7TH

CONTEST DATES

JANUARY 7TH – MARCH 4TH

LAST WEIGH-IN

WEDNESDAY, MARCH 4TH



FEES

MEMBER:

\$ 50

NON-MEMBER:

\$100*

**included full use of Fitness
Center during Challenge*

MORE INFO...

- Sign up as a Team of 4 or Individually & be matched up
- All weigh-ins on Wednesdays
- Starting & Ending BCA included
- Cash prize for 1st & 2nd Place Teams
- Prize for 1st Place Female & Male with highest % of Weight Loss (based on BCA)