Women’s 50lb Weightloss Challenge

Girl, this is your year to totally transform.  
  
We have designed our new gym (2045 w Omar Drive) to be a private sanctuary for a select group of 60 ladies to conquer their goals of losing 50 lbs by Summer.   
  
From Feb 1 – May 30 follow our nutrition program and workout with us 4 hours a week.  
  
If you give this thing your all - everything will change for you.  
  
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Feb 1 at 7pm: KICKOFF MEETING: This will take about 45-60min. We will break down the challenge and the nutrition plan. Then we will do Q&A and a meet and greet after. We’d love for you to bring a friend or spouse to this. That way they can keep you accountable during the challenge!

Feb 2 & 3: select a time to do official weigh ins and measurements

Feb 4th: Coach Q will be doing a live cooking class to show you how to prep your meals for the week

Feb 6th:  first official day of nutrition and working out

April 30th:  announce our 3 month winner – Ladies Only (Most challenges done. Most inches and weight lost)

May 30th:  announce our 4 month winner – Post Ruckus Room Month (Most challenges done. Most inches and weight lost)

**Workout Schedule**

**Feb 1 – April 30**

Choose whatever class you want daily (no need to sign up in advance)   
4 Classes/ week are required for the program:

Monday: 5am, 6am, 7pm

Tuesday: 5am, 6a, 7pm

Wednesday: REST

Thursday: 5am, 6am, 7pm

Friday: 5a, 6am, 7pm

Saturday & Sunday: We will be giving you small challenges to complete or we will meet as a group to get down on a team challenge. These will be fun!  
  
**May 1**  
you will start actual Ruckus Room classes -- any class offered at our downtown location

**Rules:**  
  
1. If you’re not fully paid by **Feb 1st you are out.** No Refund.

2. Members must keep their membership active throughout the duration

— To stay in you must pay the difference

3. Must do before and after pictures and measurements

4. **Save the drama fo yo mama.** No gossiping, bickering, or complaining. If you need to say something say it to Q, Leah, or Cass.

6. **Use proper gym etiquette -**

Always put all of your away weights

Keep chalk in the bucket

Sanitize everything you touch

Wash ya hands, ya nasty

7. **Show up on time** - no coach will allow you to participate if you are more than **5 minutes late** for class or bootcamp

8. If there is ever a challenge you cannot complete - we will give you something else to do, reach out to Q, Leah, or Cass for your task (travel, family emergency, work obligations)

12. **Sign in on the iPad** before each class. If you don't you don't you will not receive credit for attending.

