



**GET  
REWARDED  
FOR YOUR  
EFFORT!**

# TAKE THE MYZONE CHALLENGE!



PRESENTED BY  
LOGGERHEAD FITNESS

The Myzone challenge is a six-week exercise challenge using an industry best heart rate monitoring system and App that tracks your calories burned and rewards you for your effort!

You will be matched with six other challengers on a team coached by a certified personal trainer.

Earn MEPs (Myzone Effort Points\*) as you exercise in and outside the gym. The goal is for each challenger to earn 3000 MEPs in six weeks.

The winning team with the most combined MEPs wins prizes as well as top overall male and female MEP earner.

A grand prize give-a-way valued at \$475 will be raffled off at the end of the challenge. Challengers receive one raffle ticket for every 100 MEPs earned.

All challengers are monitored daily by their coaches and receive one 30 min personal training session each week as well as full access to the gym for six weeks.

## WHEN YOU SIGN UP FOR THE CHALLENGE YOU RECEIVE:

- SIX WEEK VIP MEMBERSHIP TO LOGGERHEAD FITNESS
- ACCESS TO OVER 50 GROUP X CLASSES EACH WEEK (YOGA, ZUMBA, GROUP CYCLE AND MORE)
- 6 X 30-MINUTE PERSONAL TRAINING SESSIONS -WITH A CERTIFIED PERSONAL TRAINER
- MYZONE HEART RATE MONITOR BELT (MZ1)
- BEFORE AND AFTER 3D FULL BODY SCAN
- FREE CONSULTS BY EMAIL AND TEXT WITH YOUR PERSONAL TRAINER THROUGHOUT THE CHALLENGE!

**TOTAL VALUE: \$550**  
**YOU ONLY PAY \$250!**

**MAKE  
EXERCISE  
FUN AND  
INTERESTING!**

\* MEPs - Are based on recommended guidelines for physical activity for the week! If you're not familiar with the guidelines, they are based on the World Health Organizations Guidelines for Physical Activity. These guidelines recommend a person performs 150 minutes of moderate or 75 minutes of vigorous activity per week. In Myzone terms, this equates to 300 MEPs per week and 1300 MEPs per month.