Dates:
Registration: Closes February 10th
10 weeks: Feb 15th – April 26th
Kick-off/Initial Fitness Assessment: Sunday, February 15th, 6-9pm
Final Fitness Assessment: Monday, April 20th, 8:15-9:45pm
Awards Ceremony: Sunday, April 26th, 6-8pm

Cost:
Student Recreation Center Member: $65

Includes:
Specialized training with certified Personal Trainers
Green group workouts 8:15-9:15pm Mon & Wed
Gold group workouts 6:15-7:15am Tues & Thurs
Cooking Classes (NEW)
Wellness presentations
Workout log book
T-shirt

Recognitions to top:
*Individual*—based on the following factors:
1. Percent loss of body weight
2. Percent body fat loss
3. Overall change in fitness
4. Participation

$100 gift card to Sports Authority to the Green/Gold participant who achieves the highest score from the above factors

*Team*—based on team attendance

Requirements:
1. Must be a CSU full fees paid student enrolled in Spring 2015 classes; or
2. Faculty, Staff or dependent Student Recreation Center member
3. Must complete Medical Screening form
4. If Medical Screening form shows Physician’s Referral is necessary, it must be completed and turned in to the Service Center in the Student Recreation Center by February 9th, 2015
5. Five to Six person team—May sign-up with or without team members

Attendance Policy:
- To be an effective program for all participants, you must commit to attending the following:
  - Initial and Final Assessments
  - May miss a maximum of five workouts total over the ten weeks
  - Must attend two out of the three wellness presentations

For more information, contact:
Michelle Gehret, Fitness Coordinator, at Michelle.Gehret@Colostate.edu or (970) 491-5682