

TITAN TRANSFORMATION CHALLENGE



DO YOU HAVE WHAT IT TAKES?

Titan Transformation Challenge is an 8 week body fat % loss/muscle mass gain challenge.

CHALLENGE STARTS: APRIL 24, 2023 ENDS ON JUNE 16, 2023.

REGISTRATION OPENS: APRIL 05, 2023

REGISTRATION CLOSES: APRIL 14, 2023 AT 5PM OR UNTIL FILLED.

WEIGH-IN LOCATION: TRW Wellness Gym

LIMITED TO 15 TEAMS

QUALIFICATIONS:

- 3 PEOPLE PER TEAM (team must consist of 1 male, 2 females).
- Must be 16+ yrs or older to participate.
- MANDATORY WEIGH-INS MAY 15-19, 2023.
- Must be from a Federally Recognized Tribe and/or employee of GRIC entities.



DON'T HAVE A TEAM TO JOIN?
Sign up and we'll assign a team for you!



TOP 3 TEAMS FOR MOST BODY FAT % LOSS
TOP 3 TEAMS FOR MOST MUSCLE MASS GAINED
BASELINE WEIGH-INS APRIL 17-21, 2023
FINAL WEIGH-INS JUNE 12-16, 2023

PRIZES AWARDED AFTER CHALLENGE!

For more information contact Wellness Center at (520) 562-2026.

