



January 7 - February 17, 2019

Compete in teams to lose the most, and you could win big! Mauldin Sports Center's **Annual Biggest Loser Competition** is back in January. Winners receive a medal and free memberships to the Mauldin Sports Center, and all finishing competitors will win a Mauldin Sports Center Biggest Loser T-Shirt. Visit the Mauldin Sports Center membership desk for more details!

Important Dates

- December 3 - 31** Registration at the Mauldin Sports Center.
- January 3** Participants will receive an email with final details on the contest.
- January 5** Kickoff meeting to discuss Nutrition, hand out sample meal plans, and go over rules and regulations. Can't make January 5th? Let us know, we will go over rules and paperwork at your initial check in.
- January 2-7 and February 15 - 20** Participants are required to attend two body composition checks at the beginning and end of the competition.

Register Today!

To register and learn more, visit the Biggest Loser table located at the Mauldin Sports Center!
Questions? Email jedwins@mauldinrecreation.com or call the Sports Center at 864.335.4855

mauldinrecreation.com



MauldinSportsCenter

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