

# Biggest Winner 2010

## SCHEDULE

### Kick – Off

Saturday, March 13<sup>th</sup>

12:30p.m. Orientation for *ALL* contestants

Info Meeting , Question –n- Answer Session, Registration, 'Before' Photos & Official Weigh-In

### Weigh - Ins

Saturday, March 13<sup>th</sup>: 12:30 pm

Saturday, March 27<sup>th</sup>: 12:30 pm

Saturday, April 24<sup>th</sup>: 12:30 pm

### SATURDAY GROUP WORKOUTS

March 13<sup>th</sup>:

12:30 pm: Initial Weigh- In

1pm: Nutritional Seminar

March 20<sup>th</sup>:

12:30 pm: Trainer workout!

March 27<sup>th</sup>:

12:30pm Weigh-In

1 – 2:30 pm: Self Defense workout w/ John Tiano

April 3<sup>rd</sup>:

12:30pm: Fitness Easter Egg Hunt

April 17<sup>th</sup>:

12:30pm: Crunch Time Workout!

April 24<sup>th</sup>:

12:30pm: Final Weigh In

5pm: Party/Awards @ Ultra State Lounge, Providence