

HIGH DESERT FITNESS CORPORATE CHALLENGE

Event Coordinate: Jayne Faytol

760-843-7773 x 309

Location: Social House

Friday, September 30

6:30 p.m. to 8:30 p.m.

Live DJ

ZUMBATHON

REGULATIONS

Participants:

Minimum age: 13 years and up

Division I: Corporate Challenge: employees, family and friends. No maximum

Division II: Open to the public. Ticket entry will be \$10 donation to benefit local homeless shelter and domestic violence shelters.

Attire: Appropriate work out attire, athletic foot ware

Regulations:

1. Bring as many people to participate for your team;
2. Participants will receive wristbands to identify them as corporate challenge member;
3. Participants must be moving at all times appropriate to their fitness level. The Zumbathon will be instructed at the "intermediate" fitness level. At a minimum, "actively participating" is defined as participants that are physically able to perform a simple step-touch movement.
4. There will be two designated ten minute breaks. One 10 minute break per hour. This break is voluntary. If the team member takes longer than the 10 minute

break, they will be disqualified from returning to the dance floor. Also, if a team member leaves the dance floor at any other time during the competition, they will be removed from that team and will not be attributed points.

5. The corporate team with remaining team members on the dance floor that have been actively participating in the Zumbathon throughout and at the end of the 2nd hour will be attributed points as follows:

a. 20+ participants = 10 points

b. 18 – 20 = 9 points

c. 16 – 17 = 8 points

d. 13 – 15 = 7 points

e. 10 – 12 = 7 points

f. 8 – 9 = 6 points

g. 6– 7 = 5 points

h. 4- 5 = 4 points

i. 2 - 3 = 3 points

j. 1 = 1 points

6. As an added BONUS – there will be a TEAM SPIRIT AWARD!

7. HAVE FUN AND ZZZZUUUUMMMMMBBBAAA!