



HIGH 5 CHALLENGE

Starts: Thu Aug 15th Finishes: Thu Sept 19th (5 weeks)

Registration = \$20.00

COMPLETE ONE (OR MORE) OF THE FOLLOWING TASKS:

- 5 Group Fitness Classes at Pace
- 5 hours of Cardio (at least 3hrs to be completed on Cardio Machines at Pace)
- 5 hours of Weight Training at Pace (can include Body Pump Classes)
- 5 new weight-training exercises (attend appointment for a new program)
- 5 Body Scans (i.e. weigh-ins) & reach goal weight and/or body fat %
- 500m Swim (or 2.5 km Row) + 5 km Cycle + 5 km Run (or 2.5 km Walk) in 1 session
- 5 Lifestyle changes (1 each week) e.g: drink more water OR no snacks

All sessions to be recorded in Log Book provided

A silicon wrist band will be given to each participant. You must wear your wrist band during all workouts. **No Wrist Band = No Log Book Signature.**

High 5s to your fellow participants when you see them is compulsory.

REWARDS ON OFFER

- Each Task Completed = 3 days membership (max. 21days)
- Finish all Tasks = Receive a Pace Water Bottle 



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REGISTRATION FORM

Name: _____ (Mobile) _____

Email: _____