



Lift the pace CHALLENGE

Starts: Thu Jan 31st **Finishes:** Fri Mar 8th

Registration = \$25.00

COMPLETE THE FOLLOWING PACE TASKS:

1) Attend a Fitness Testing Session at the Start & End of the Challenge & Improve in at least half of the areas tested.

Testing Session Times:

Start: Thu Jan 31 - 9am & 6.15pm / Fri Feb 1 - 5.30am, 9am / Mon Feb 4 - 6.15pm / Tue Feb 5 - 5.30am

End: Wed Mar 6 - 5.30am, 9am & 6.15pm / Thu Mar 7 - 9am & 6.15pm / Fri Mar 8 - 5.30am

2) Do 10 x 45min Designated Challenge Gym Circuit Sessions
- 2 new circuit program sessions will be available each week
- To be done in your own time (average of 2 sessions per week).

All sessions to be recorded in Log Book provided

REWARDS ON OFFER

- All successful participants will receive a Pace Towel.
- Additional prizes awarded for the 3 most improved participants.



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REGISTRATION FORM

Name: _____ (Mobile) _____

Email: _____