



Starts: Wednesday May 1st **Finishes:** Wednesday June 26th (8 weeks)

Register and pay the \$30 fee by Tuesday April 30th

Challenge Objectives:

Complete any of the following Exercise Tasks

- **16 Fitness Classes** (average of 2 classes per week)
- **16 Weight-Training Sessions** (min. 45mins per session - average of 2 sessions per week - can include Body Pump Classes)
- **16 Hours of Cardio Machines** (average of 2 hours per week)
- **16km Swimming** (average of 2km per week) - can include SWIM PACE classes
- **116km Run/Walk** (average of 14.5km per week) - can include RUN PACE classes. Treadmills in Fitness Centre OR Outdoor Tracking with GPS
- **216km Cycling** (average of 27km per week) - can include SPINNING classes. Bikes in Fitness Centre OR Outdoor Tracking with GPS
- **Thu May 16th - Mystery Bonus Task** To be held at Sleeman (up to 3hrs to complete)
- **Sun June 16th - Mystery Bonus Task** To be held at Sleeman (up to 3hrs to complete)

Rewards on Offer:

- Each Task Completed = 4 days membership (max. 28days)
- Finish all 8 Pace Tasks = Receive a Pace Water Bottle



REGISTRATION FORM

Name: _____

Email: _____ (Mobile) _____