



YESvEMBER CHALLENGE

Starts: Monday November 1st

Finishes: Wednesday December 1st

Register and pay the \$10 fee by Mon Nov 1st



Challenge Objectives:

- 1) Complete a minimum of 30 hours of exercise in 31 days
 - At least 20 hours must be done at Pace (Classes or Gym)
 - Must include at least 8 Group Fitness Classes
- 2) Weigh-in each week and lose an agreed amount of body weight, body fat % &/or body measurements
- 3) Complete Log Book provided

Prizes on Offer:

- **8 Finishers** will be **randomly selected** to **WIN** a prize.
 - Pace Workout Bag (1) - Pace Workout Towel & Bottle (3)
 - 1 month Pace Membership (2) - 60min Personal Training Session (2)



REGISTRATION FORM

Name: _____

Email: _____ (Mobile) _____