



Starts: Wed Oct 17th Finishes: Wed Dec 5th

Registration = \$20.00

COMPLETE ANY OF THE FOLLOWING PACE TASKS:

- 7 Pace Group Fitness Classes
- 7 hours of Weight Training in the Fitness Centre
- 7 new weight-training exercises (attend appointment for a new program)
- 7 hours of Cardio (at 4hrs of the 7hrs to be completed at Pace)
- 7 Weigh-ins (1 each week) & lose an agreed amount of weight
- 700m Swim (or 3km Row) + 7 km Cycle + 7 km Run/Walk in 1 session
- 7 Lifestyle changes (1 each week) examples: drink more water OR no snacks etc.

All sessions to be recorded in Log Book provided

REWARDS ON OFFER

- Each Task Completed = 4 days membership (max. 28days)
- Finish all 7 Pace Tasks = Receive a Pace Water Bottle 



PACES CHALLENGE

REGISTRATION FORM

Name: _____ (Mobile) _____

Email: _____