

6 Week Challenge

Starts on the 6th of November

WIN ONE OF TWO 3 MONTH MEMBERSHIPS

Session Days and Times

- Monday - 6 pm
- Tuesday - 7 am
- Thursday - 6 pm
- Friday - 7 am
- Saturday - 9 am



6 Week Challenge benefits include:

- Participant Booklet
- Week 1 and Week 6 Fitness Test
- Unlimited 6 Week Session Access
- 6 Week Gym Membership
- Group Fitness Access
- Challenge Certificate

WEEK 1	FITNESS TEST 1 + 8 FOR 8 WORKOUT
WEEK 2	CARDIO BOXING WORKOUT
WEEK 3	AMSAP WORKOUT
WEEK 4	CARD GAME WORKOUT
WEEK 5	TABATA WORKOUT
WEEK 6	FITNESS TEST 2 + BUDDY WORKOUT
WEEK 7	AWARDS CEREMONY

Members

\$114

Non Members

\$294

9150 5288
www.bexleypools.com.au

JOIN NOW