

iC health Commonwealth Games Challenge



What?

Join us during the 2010 Commonwealth games for our own challenges.

We will be hosting different challenges during each week of the 2010 Commonwealth Games. The more you enter the more points you will get for your team.

Each week you will have a chance to earn extra points by participating in our “bonus challenge” which will be held

Tuesday & Thursday 6.30am; 12.30pm, 5.15pm

All fitness levels welcomed!

At the end of the challenge there will be an overall team winner and both a Male and Female winner.

BONUS INCENTIVE- Bring a friend in for FREE for the 14 days of this challenge. They will be put in your team (the more friends you bring the more chance your team has of winning!) conditions apply*

When?

Monday 4th October to Friday 15th October

Why?

Get to know some new people in the health club, add an extra challenge to your current exercise regime, Win great prizes, have some fun and enjoy all the action of the games which will be shown on the TV in the health club.

RSVP

Please register your interest with reception's sign up sheet or email

info@ichealth.com.au

You will be given a score card which can be filled out on completing of the challenges.

Progress of the challenge will be up on a leader board in the health club

We look forward to having you apart of all the fun!

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