



Are you up for the challenge?

If you think you're tough, fit & healthy & want a way to prove it then read on.....

To take part in our sports centre triathlon challenge - attend an after school club in the fitness suite to train & practice. When you're ready attend one of our set testing sessions held on a Sunday & complete the challenge

(it only costs £1 / free to Mytime participants & you can try as many times as you like. As an added bonus you will also be given a free individual workout plan for future sessions);

-  cycle on a spinning bike for 5 minutes
-  run for 5 minutes on the tread mill
-  row for 5 minutes

add the distance you travel in all of the 3 activities together & enter your total score into the Challenge Me record sheet for a chance to win a bikeYESa bike! Every time you record a score this will act as one entry into our raffle



CHAMPION !



INITIAL TEST DATES = SUNDAY 23rd October & SUNDAY 30th October
10am - 2pm & 3pm - 7pm

Please book your place by registering with a member of the sports centre staff team