



"Twenty / Ten Challenge"

- Starts **Friday January 29th**. Ends **Friday April 9th** (10 weeks).
- All participants must nominate by filling in the registration form and paying the fee by Wednesday **January 27th** at the latest.
- All Participants must weigh in **every** Thursday or Friday each week. Any participant who **misses more than 2 weigh-ins** during the challenge will be **ineligible** to receive a prize.
- Weight loss progress will be displayed on gym notice board (under an alias if requested)
- To successfully complete the Challenge participants are encouraged to:
 - 2010 minutes of Group Exercise Classes (approx. 200mins per week = approx 4 classes)
 - 20 x 2010m on the Bikes (must be 20 individual sessions)
 - 10 x 2010m on the Rowers (must be 10 individual sessions)
 - 10 x 2010m Walks / Jogs at Sleeman (must be 10 individual sessions)
(From Gym Entrance around the Ring Rd and back = 2010m)
 - 2010m in the pool - Can be broken up into smaller distances (i.e. 4 x 500m or 10 x 200m)
(Water walking in the 25m Pool is an option for those who are unable to swim)

Minimum Total Exercise Time = approximately 250-260mins per week

- All training is to be recorded in Log Book
- The **cost is \$10.**
- **Prizes:** The top 10 losers of weight who complete all of the components of the challenge will receive a 2 month membership.

***Special Note:** *Members who have won 2 prizes or more (for weight-loss)*

Your starting weight will be the weight that they finished at during the last challenge that you participated in.

**If you wish to participate you must complete
the registration form and pay by**

Wednesday January 27th, 2010.



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REGISTRATION FORM

Name: _____ Email: _____

Phone: (H) _____ (Mobile) _____

H2O FITNESS member number: _____