

STRONGER THAN YESTERDAY

Fitness Challenge

**Ready to make your new year's fitness resolutions stick?
Take up our 2022 challenge.**

Join us for a full month of high-octane strength and cardio workouts and a whole lot of support from our Flex instructors!

1-31 JANUARY 2022

- Visit Flex Gym for 22 days in January, with a minimum duration of 30 minutes per session
- During each session, complete the following:
 - #1** Clock at least 2km on any cardio machine (*attempt to top our cardio leaderboard!*)
 - #2** Complete a series of exercises curated by our fitness instructors

Fantastic prizes await our top participants at the close of the challenge.

Sign up today – simply register your interest at the Flex Gym counter. Our instructors will provide more details and will be ready to cheer you on throughout the month!

