

# 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!

