

 **SHRINK INTO SUMMER (6 WEEK CHALLENGE)**

**When: Monday 7 October to Saturday 16 November 2019**

**🟑 Weigh & Measure Weeks 1 and 6:**

**WEEK 1: Monday, 7 October from 5.30am - 5.55am** **or Tuesday 8 October from 8.45am -9.15am**

**WEEK 6: Monday, 18 November from 5.30am - 5.55am or Tuesday 19 November from 8.45am- 9.15am**

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🟑**Weekly Weigh Ins**

 **WEEKS 2, 3, 4 & 5 – Each Monday from 5.30am to 5.55am or Tuesday from 8.45am-9.15am**

🟑 **6 Bootcamps at 7.30am on Saturday:**

**12 October: Braeside Park, Lower Dandenong Rd, Braeside**

**19 October: Cardio Tennis-Aspendale Tennis Club, Sixth Ave, Aspendale**

**26 October: Boot Camp, Mentone Beach (in front of Life Saving Club)**

**2 November: Karkarook Park Run, Warrigal Rd, Heatherton**

**9 November: Rage Cage Outdoor Fun Workout, Aspendale Gardens Community Centre**

**16 November: Fun Netball/Basketball Game, Aspendale Gardens Community Centre**

🟑**Points System**

 **5 points for every cm lost on each area measured on the body**

 **10 points for each class attended**

**100 points for sharing a healthy recipe idea with the challenge group**

**200 points for checking into ABBA Fitness when you attend**

**500 points for a member bringing in a non-member to join the challenge
(non-member also gets 500 points).**

**🟑 Facebook Page**

**A facebook page will be set up for challengers with tips, recipes, inspirational quotes, etc.**

🟑 **Winners**

**The winners will be based on the highest amount of points accrued over the 5 week challenge.**

🟑 **Cost:- $120.00- Covers the Challenge and any of our Group Fitness Classes (see Timetable).**

 **(plus $15 AGCS family membership if not already paid.)**

**TERM 4 GROUP FITNESS TIMETABLE**

ABBA Fitness Classes

**effective Monday 7th October
to Saturday 21st December 2019**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **6:00am**  | **7.15am** | **9.20am**  | **2.30pm** | **7.15pm** |
| **MON** | **METAFIT****(\*CCH)****30 mins** |  |  |  |  |
| **TUES** | **PENALTY BOX** **(\*MPH)****45 mins** |  | **TRAINER’S CHOICE****(\*CCH)****45 mins** |  |  |
| **WED** | **BOXING** **(\*MPH)****45 mins** |  |  |  | **METAFIT****(\*MPH)****30 mins** |
| **THURS** |

|  |  |  |
| --- | --- | --- |
|  | **RUNNING TRAINING****(ALL LEVELS)****MEET AT MPH****45 mins** |  |

 |  |  | **TABATA BOOTY BLAST****(\*MPH)****30 mins** | **ZUMBA** **(\*CCH)****45 mins** |
| **FRI** | **POWER PUMP****(\*MPH)****45 mins** |  | **POWER PUMP****(\*CCH)****45 mins** |  |  |
| **SAT** |  | **PENALTY BOX****(\*MPH)****45 mins** |  |  |  |

**\*CCH-Community Centre \*MPH Multipurpose Hall**

**For more details, contact Tracy on 0422 002 500** **ktnaismith@iinet.net.au**