

**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**

**-**

🟑**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**

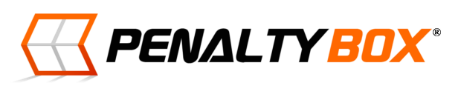
**The winners will be based on the highest amount of points accrued over the 5 week challenge.**

🟑 **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**](mailto:ktnaismith@iinet.net.au)