

FITNESS



**Complete 12 fitness challenges
in 4 weeks and you could
win 6 months membership!**



Invigor8
FITNESS

0151 606 2010

www.wirralleisure.co.uk

FITNESS



Name

Membership number

Start date

Expiry date

A FULL HOUSE ENTERS YOU INTO A DRAW TO WIN 6 MONTHS FREE MEMBERSHIP!

An instructor **MUST** sign each challenge once complete.

FITNESS BINGO CARD

15 Press-ups or 2km on the hand bike	Ask for a full body stretching routine from the fitness team	Swim between 10 and 30 lengths of the pool
Run or walk 2 miles on the treadmill	Row 2,000m on the rowing machine	Ask a trainer to time you holding an abdominal plank for a minimum of 30 seconds
Ask the fitness team to show you two new abdominal exercises	Burn 150kcal on any piece of cardiovascular machinery	Chest press weights for as many reps as possible between 15 to 30kg
Leg press weights for as many reps as possible between 15 to 70kg	Try a Group Fitness class that you've not participated in before	Ask a trainer to show you a new upper body and lower body resistance exercise

Terms and conditions apply.
The membership prize will be drawn on 1st June 2019



**DOWNLOAD
OUR APP**



**Invigor8
FITNESS**

0151 606 2010

www.wirralleisure.co.uk