

March Gym Challenge

Quickest 500m Row

Bstfitness Newbury

Terms and Conditions

1. Gym Challenge starts Friday 1st March 2019 at 6:30am and ends on Sunday 31st March 2019 at 18:59pm.

2. To enter the gym challenge:

a. Any member wishing to take part in the challenge will need to speak to an instructor as they will be able to observe the challenge and make a note of the time.

b. Members have the chance to take part in the challenge up until Sunday 31st March.

c. We cannot guarantee that an instructor will be available at the time and date requested by the member to enter the challenge. If this is the case, please ask at reception for the next available time and date when another member of staff is available.

3. Rules of the challenge

Please warm up before attempting the challenge.

a. A member of staff **MUST** be present throughout the challenge.

b. 500 metres must be selected on the workout option. (Instructor will set this up for you).

c. The resistance can be set between 1-10; there is no set resistance for the challenge.

f. Staff member will record the time and display name and time on challenge board once complete.

4. Prize

1 x 1 month membership FREE for fastest male.

1 x 1 month membership FREE for the fastest female.

The one month's membership is non-transferable. Promoter of this offer: Basingstoke Sports Trust, Festival Place, Basingstoke, Hampshire, RG21 7LE – Company Number: 980152, Register Charity Number: 3017