



Wickwoods Advent Calendar Challenge

Why not test yourself, and add variety to your workout during the lead up to Xmas, by using our daily exercise challenges!!!



During the Advent period, from December 1st to Christmas Eve, we will be running a series of Exercise-based challenges, on a daily basis.

If you complete 12 or more advent challenges between the 1st December & the 24th December then you will win a 20% voucher to be used on the healthy options menu in the bistro!

If you complete 15 advent calendar challenges or more, you will receive a fantastic prize of 2 free personal training sessions (worth £60) to be used at any time in January. Whoever completes the most challenges will win a free months membership.

During our 24 day exercise spectacular you are only working to reach your own personal best with each challenge. What can you achieve in 24 days!?

For more details, or to notify us of your interest, please contact the Gym staff.

Warm Xmas Wishes from the Wickwoods Health and Fitness team