



**Gym for
HEROES**
Heroes helping each other



Are you up for a challenge?

Take part here between the
24th and the 30th July 2010

2 types of challenge, either individually or
part of a team (max 4 members per team)

12 hour non-stop endurance Challenge

4-hour row
4-hour cycle
4-hour treadmill or cross trainer

Alternatively

3 hour non-stop endurance Challenge

1-hour row
1-hour cycle
1-hour treadmill or cross trainer

To register – go online to www.gymforheroes.co.uk and follow the links. You must quote the unique gym code shown below to register.

Unique Gym Code

enquiries@gymforheroes.co.uk | <http://www.gymforheroes.co.uk> |
<http://www.twitter.com/gymforheroes>

Donate through <http://www.justgiving.com/gym-for-heroes-2010>
or track your own fundraising – create a page at
<https://www.bmycharity.com/V2/gymforheroes>

