



**GYM for
HEROES**
Heroes helping each other

Are you up for a challenge?



Our gym is taking part in the event of the year, 'Gym for Heroes' 1st annual Summer Challenge which you can take part in here between the 24th and the 30th July 2010

Gym for Heroes is a nationwide challenge held in fitness centres and gyms raising money for Help for Heroes – who offer enduring care of forces personnel injured whilst serving on worldwide operations.

We can help and all do our part to support them.
By taking part in the challenge you can help our wounded soldiers, sailors and airmen make the very best recovery possible.

Now...Here's The Challenge

You have a choice of 2 different types of challenge, which you can take part either as an individual or as part of a team (maximum 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

Come on.....do it for Help for Heroes...do it for you!

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>

