



Help
us reach
10,000
sit ups!

Le Crunch - Gym Challenge Guide



21 Four Star, **Individual** Hotels



Gym Challenge - Le Crunch

Sit up and take notice.

Campaign start date: 01/03/12

Campaign end date: 31/03/12

Provided as standard	Quantities
A3 Poster	2
A4 Poster	2
A3 Score Table	2

Sit up and take notice.... Help us reach 10,000 sit ups!

This month we are challenging our members to help us reach a group target of 10,000 sit ups!

We've chosen a crunch / sit up as it's a classic exercise for every age and ability to do plus the benefits are amazing!

Your challenge as a team is to encourage and invite members to get involved with the challenge and contribute to the target.

Simply add the members name and their total crunches/sit ups to the wall chart.

Walking the floor...retaining members

When you are doing checks, greeting members at reception or walking the floor in the gym/studio - it's a great conversation starter and touch point to talk about the challenge – **remember we never lose members by speaking to them!**

A referral opportunity?

As a thank you for every member who contributes to the challenge you could give them a 1 day pass for them to bring a free guest in...

Campaign Contact Support

enjoy!

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