

**NATIONAL  
FITNESS  
DAY**



# GET INVOLVED

WEDNESDAY 25TH SEPTEMBER

## WHAT?

### The 2 P's – Plank and Push-Up challenge

How long can you hold a full or half Plank? How many full or half Push-ups can you do?  
Come take up the challenge with us.....All you have to do is jot down your numbers on our log sheets in the Centre.  
This challenge will run in September as part of National Fitness Day

## WHERE

**Fitness Suite or Class**

## WHEN

**Any time in September**



**#FITNESSDAY #FITNESS2ME**