

ENTRY FORM

Please fill out the below and return to reception before Friday 22 August 2025.

First Name: _____

Surname: _____

Mobile Number: _____

Email address: _____

Please tick:

☐ I agree to the terms and conditions.

What is your goal for this challenge?

Terms and Conditions

- The challenge will take place from 1 September 2025 to 24 October 2025.
- Cost: \$100 per participant.
- No refunds will be issued.
- There will only be one date for each of the pre and post body scans. We will do our best to accommodate you, however if you miss your scan, we cannot guarantee a rescheduled scan.



aucklandleisure.co.nz

AUCKLAND COUNCIL POOLS AND LEISURE

Tepid Baths *Spring Challenge*

**Spring into Action with our 8-week
Fitness Challenge!**

1 September to 24 October 2025

aucklandleisure.co.nz



What is the Spring Challenge?

This is an 8-week fitness challenge. The training programme will consist of a variety of training methods, such as strength, cardio, and mobility.

What's included?

- Pre and post body composition scans
- A tailored exercise plan
- A personal fitness consultant
- Weekly bootcamp classes
- Run club
- Nutrition guidance
- One consult appointment per week to keep you on track

Body scan information

The body composition scan will measure body fat percentage, muscle mass, bone mineral density, water weight and more.

Why sign up?

If you are someone who needs some help with ideas, motivation, or more understanding of your personal physiology, this is the perfect challenge for you.

You will meet like-minded people while sharing the same journey, it's something you will never forget.

There will also be prizes at the end!

How do I sign up?

Simply fill out the form attached, tear off, and hand in to reception before Friday 22 August 2025.

More information will be sent to your email once payment is made.



Enrolment form is behind this page. Once completed, tear off this page and hand in to reception.

