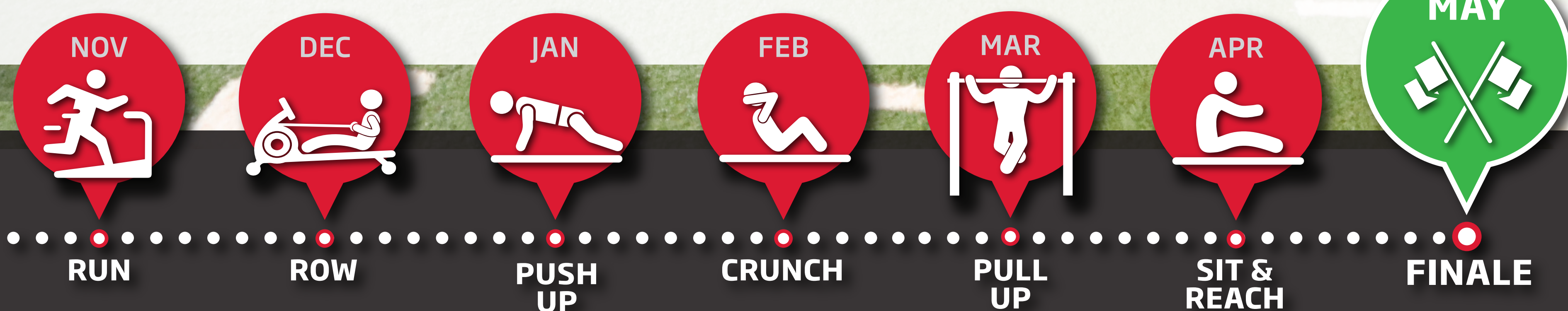




# OPERATION SHAPE UP

Get into the best shape of your life for the new year. Join our monthly challenges from **Nov 2022 - May 2023**. Choose from cardio, aerobic to strength challenges and make that move to meet your strongest and healthiest self.



Top challenger of the month will walk away with \$50 CapitaLand voucher and an Innermost product



## CHALLENGE OF THE MONTH

### CRUNCH

It's crunch time! Set your core on fire and achieve the most number of repetitions in 1 minute to win.



Post your photos on Instagram with hashtag **#FFSGOperationshapeup** to share the challenge with your friends!

>>> **Talk to** our friendly staff for more information