



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.



RUN



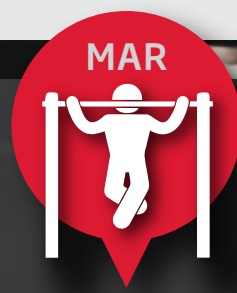
ROW



PUSH
UP



CRUNCH



PULL
UP



SIT &
REACH



FINALE

Top challenger of the month
will walk away with an
Innermost product



CHALLENGE OF THE MONTH

RUN & RIDE

Crush your cardio in our Run and Ride Challenge from **1 - 30 Nov**. Speed up and achieve your best distance in **20 minutes** to win.



Run and Ride Challenge

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