

*Excel Fitness & Axis Services
Present*

Spring Rowing Challenge

*Submit your best 2000m time and compete
against Excel Fitness Members for Cash Prizes!*

Challenge is FREE for all Excel Fitness Members!

Challenge Starts Monday May 8

Deadline to register is Friday May 12

Submit your best 2000m row before May 19

Top 8 rowers will move on to the next round

Top 2 Rowers will "Row off" Thursday

June 15 at 6:00pm

Top Rower in Male & Female Division will win

\$400

Runner Up in Male & Female Division will win

\$200

Weekly Challenges and Prizes also...

Join the fun and get fit while doing it!

Spring Rowing Challenge Time line

May 8	Challenge Starts
May 12	Must be Registered for Challenge
May 8 – 19	Complete as many 2000m rows as you want, log your times and dates and submit your best time before noon on May 19
May 19	Times must be submitted on paper to Excel Fitness Staff by 12:00pm (noon) Top 8 Female & Top 8 Male Rowers will move on to the next round
May 19 – June 2	Complete as many 2000m rows as you want, log your times and dates and submit your best time before noon on June 2
June 2	Times must be submitted on paper to Excel Fitness Staff by 12:00pm (noon) Top 4 Female & Top 8 Male Rowers will move on to the next round
June 2 – 9	Complete as many 2000m rows as you want, log your times and dates and submit your best time before noon on June 9
June 9	Times must be submitted on paper to Excel Fitness Staff by 12:00pm (noon) Top 2 Female & Top 8 Male Rowers will move on to the Final Row off Thursday June 15 at 6:00pm
June 15	6:00pm Top 2 female and Top 2 Male rowers will “Row off” for their chance to win Top Rower and \$400! Runner up wins \$200