

CORE
WELLNESS TT

CORE STRONG

1-DAY TEAM CHALLENGE

80'S EDITION

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DATE

Sunday, 25th November, 2018

3:00 pm

LOCATION

Eddie Hart Savannah

Tacarigua

THEME

'Issa 80's Aerobics Vibe'!

We're taking it back to the days of neon colours, sweat bands, leotards, and leg warmers!



RULES

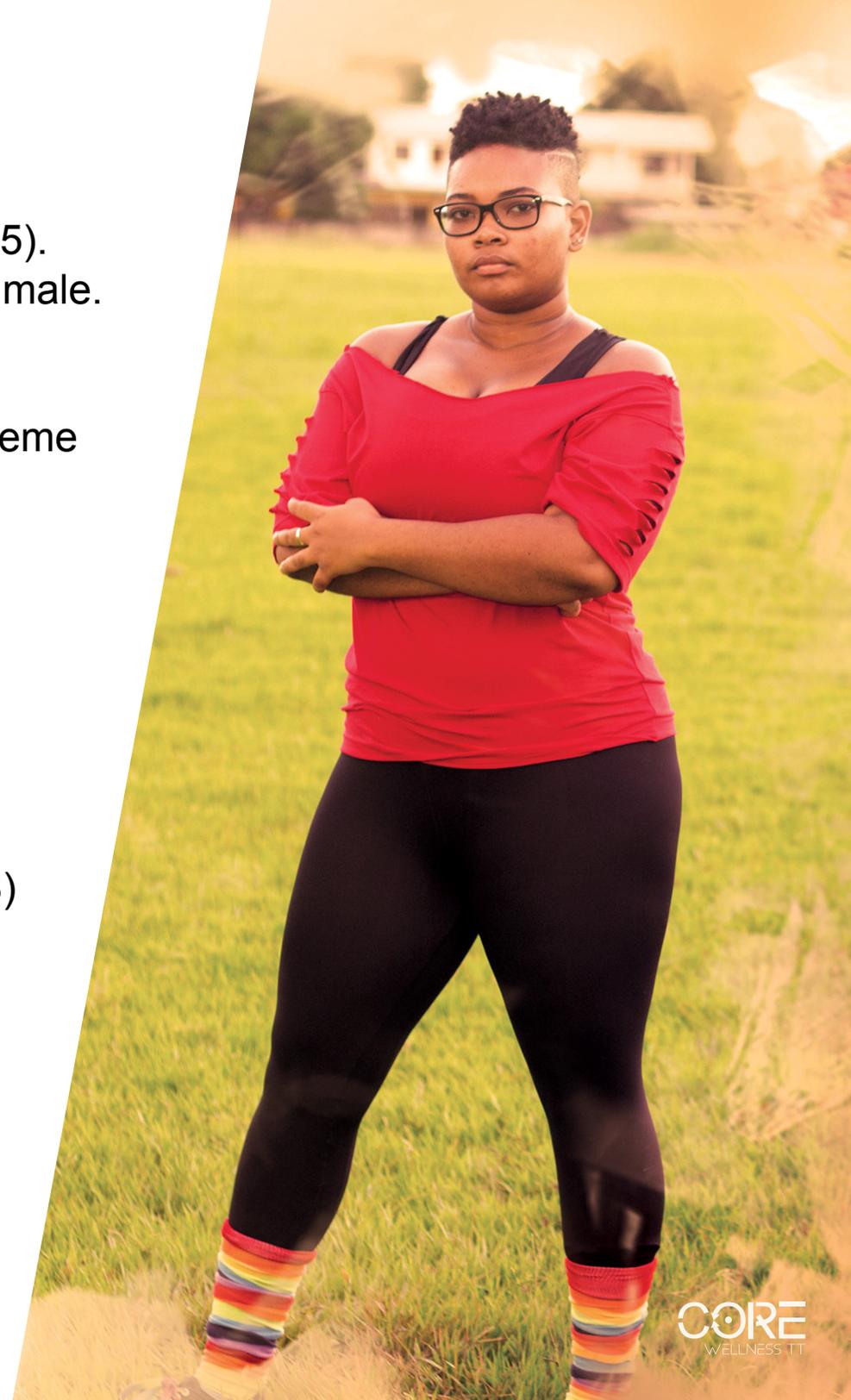
Challengers will compete in **teams of five (5)**.
Each team must comprise 4 females and 1 male.
Age: 17+

Teams must be dressed according to the theme
(80's Fitness).
Be colourful and creative with it!

REGISTRATION

Registration Fee:
\$500 per team (Early Bird)
or **\$650 per team** (after 26th October, 2018)

Deadline to Register:
Wednesday 14th November, 2018



EVENTS

80's Aerobics Warm Up
Team Challenges
Individual Challenges
Final Burnout

80'S AEROBICS WARM UP

Get your body moving and heart pumping with an electrifying 80's inspired warm up!

TEAM CHALLENGES

Compete as a team to complete a sequence of exercises, racing against the clock and your competitors.



INDIVIDUAL CHALLENGES

For each Individual Challenge, teams must submit **one** person to represent the team. Each person must enter one challenge so that all five participate.

i.e. One person cannot enter more than one individual challenge.

FINAL BURNOUT

Will you be crowned the 'Last Man/Woman Standing'? Finish off the afternoon with a medium-intensity aerobic burnout.

All team members must participate, but it's every man/woman for him/herself! Individual points will count to your team's total, so muster up your reserve energy and fight to the end.

Once you stop moving, you're out!



PRIZES

Overall Team Winners

The 1st Place Team will walk away with the **CORE Strong Challenge Trophy** and must return next year to defend it!

1st, 2nd and 3rd Overall Team Winners will be awarded respective Medals.

Individual Challenge Winners

The Winner of each Individual Challenge will be awarded a Gold Medal and a Special Prize.

Best Dressed Team

Stick to the theme and wow us with your gear, to take home the Prize!

Final Burnout Winner

The Last Man/Woman Standing will be awarded a Gold Medal and a Special Prize.

2nd and 3rd Place Winners will be awarded respective Medals.



CONTACT

Got a Question?

You can reach us via any of the avenues below!

Website: www.corewellnesstt.com
Phone: (868) 270-3809
Email: info@corewellnesstt.com
Facebook: [/corewellnesstt](https://www.facebook.com/corewellnesstt)
Instagram: [@corewellnesstt](https://www.instagram.com/corewellnesstt)

