

CITYWESTPLACE
FITNESS CENTER

2016
SUMMER OLYMPIC CHALLENGE
August 5 – 19, 2016



ATHLETICS

2 Events at Building 4 track and field 11:30-1
Timed 5 Lap Run: Friday, August 5, 2016



ATHLETICS

1 Event at Building 4 track and field 11:30 – 1
Standing Long Jump: Monday, August 8, 2016



BASKETBALL

1 Event at Building 3 basketball court 11:30-1
Free Throw Challenge: Tuesday, August 9, 2016



TABLE TENNIS

1 Event at Building 3 basketball court 11:30-1
First person to 7 points: Wednesday, August 10, 2016

EVENTS Cont'd

CityWestPlace Fitness Center Staff

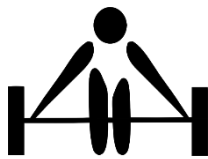
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Jay Guillory – Jermaine.guillory@plusone.com

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HANDBALL

1 Event at Building 3 basketball court 11:30-1
Strategic Goal Score: Thursday August 11, 2016



WEIGHTLIFTING

1 Event at Garage 4 fitness center 11:30-1
Timed Deadlift: Friday, Aug 12, 2016



ROAD CYCLING

1 Event at Garage 4 fitness center 11:30-1
Distance in 10 minutes: Monday, August 15, 2016



FOOTBALL

1 Event at Building 4 field 11:30-1
Timed Soccer Obstacle Course: Tuesday, August 16, 2016

EVENTS Cont'd

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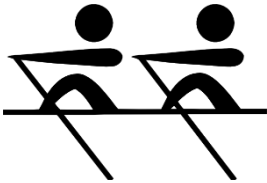
GYMNASTICS ARTISTIC

1 Event at Garage 4 fitness center 11:30-1
Timed Handstand: Wednesday, August 17, 2016



SAILING

1 Event at Garage 4 fitness center 11:30-1
Rope Pull: Thursday, August 18, 2016



ROWING

1 Event at Garage 4 fitness center 11:30-1
Timed Distance in 7 minutes: Friday, August 19, 2016

RULES & EVENT INFORMATION: All events will take place between 11:30am – 1:00pm in the areas designated. Make sure you have stopped by the G4 Fitness Center to sign-up for the event/events that you would like to participate in. You can also sign-up by sending an email to one of the Fitness Center Staff members (see below). All non-member participants will need to complete a liability and media waiver on the day of the event.

PRIZES: The top male and female athlete in each event will win a GOLD medal.

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