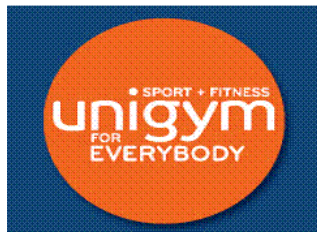


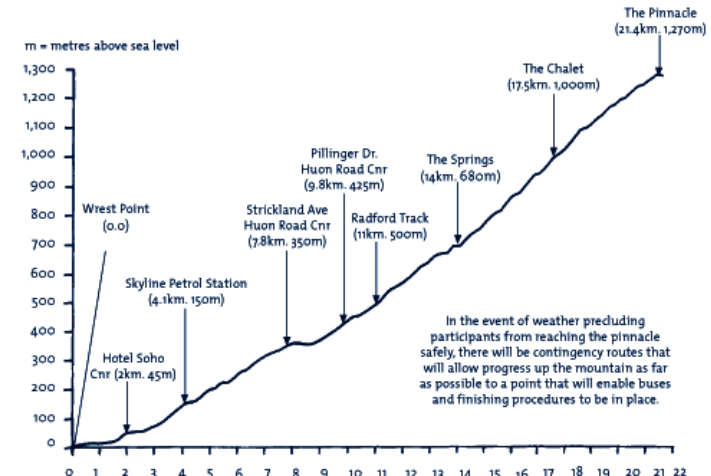
2011 POINT TO PINNACLE



8 WEEK TRAINING PROGRAM STARTS SEPTEMBER 26TH



SUNDAY NOVEMBER 21 WREST POINT TO MT WELLINGTON PINNACLE 21.4KM RUN OR RECREATIONAL WALK



In preparation for this year's Point to Pinnacle the Unigym team will be running an 8 week training program leading up to the event.

The program will include 2 training sessions per week and cover strength and conditioning, sports nutrition, stretching, organised group specific classes/runs and injury management.

If you are ready to take the challenge register now at www.unigym.com.au or collect a registration form from reception.

Cost: \$120 per person

Registrations close: **Wednesday September 21**

Training starts: **Monday September 26**