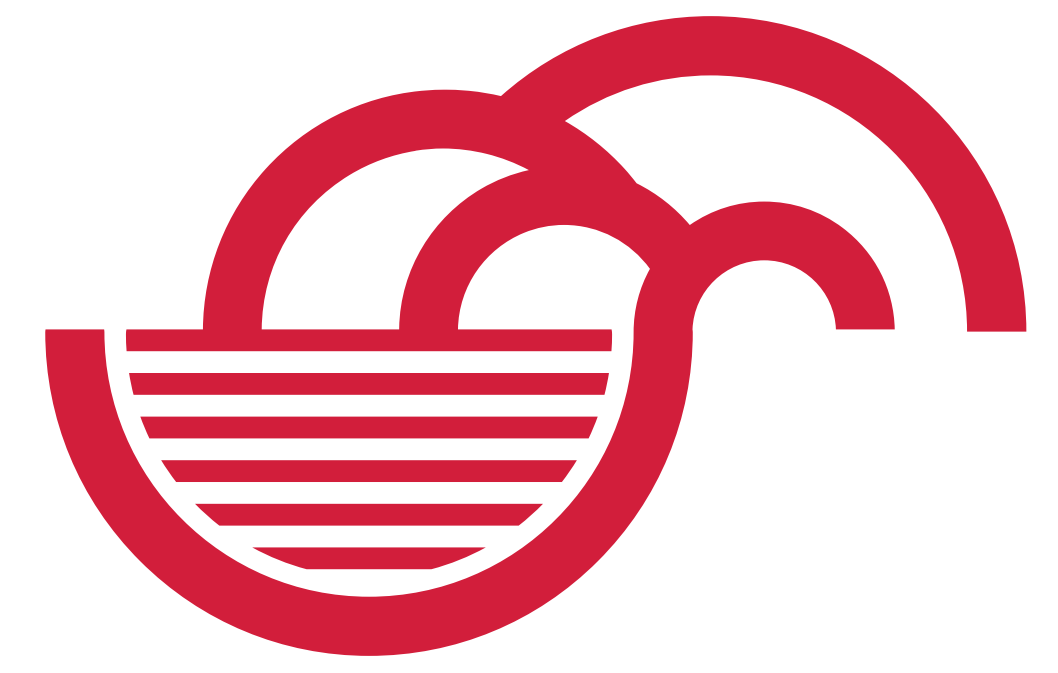


GYM CHALLENGE



teignbridge
leisure

LAND'S END TO JOHN O' GROATS

Land's End to John O'Groats is an epic trip through the length of mainland Britain and is a fitness challenge that many dream of.

For our version of the challenge, there are a total of 30 stages that cover different destinations throughout the UK. You should aim to reach at least 2 new destinations each day that you exercise.

You will complete 1 stage for every 30 minutes of exercise on any CV equipment in the gym.

Set yourself a new challenge!
Contact a member of the gym team to sign up.



Share your success on
Facebook and Twitter