

CORPORATE FITNESS CHALLENGE

Thursday, September 25, 2025

**FREE
TEAM
BUILDING
EVENT!**

Celebrating
Wellness Week

Location: Barr's Bay Park,
Hamilton

Time: 5:30PM – 7:30PM

Bring your coworkers and compete in group fitness activities with **Xtreme Games!** Build teamwork, reduce stress and strengthen workplace wellness. Eight members max per team from the same organization.

Why Join?

- ✓ Boost Workplace Wellness
- ✓ Connect with Local Businesses
- ✓ Move Outdoors
- ✓ Reduce Stress & Increase Energy

Scan the QR code to Register for the Corporate Fitness Challenge by September 19, 2025.



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Department of Health



MOVE MORE
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www.gov.bm/wellnessweek2025