



## THE TOLLYGUNGE CLUB LIMITED

120, DESHAPRAN SASMAL ROAD,

KOLKATA - 700 033

WEST BENGAL

INDIA

### Gym Event - Saturday Club Carnival

Dear Members,

Tollygunge Club will be participating in the Saturday Club Inter-Club Carnival in Gym Event, scheduled to be held on **27th April 2025**.

Gym Event Categories:

#### **Age Groups & Activities**

- 1. 18–30 Years:** Rowing 250m, Plate Overhead x10, Box Jumps, Plank Bench Reach x15, Farmer's Ladder Carry, Burpees x10, 25m Run
- 2. 31–40 Years:** Rowing 200m, Plate Overhead x10, Wall Ball x15, Plank Reach x10, Farmer's Ladder Carry, Burpees x10, 20m Run
- 3. 41–50 Years:** Rowing 200m, Med Ball Toss x10, Box Step Overs x10, Farmer's Ladder Carry, Burpees x10, 15m Run
- 4. 51–60 Years:** Rowing 150m, Med Ball Toss x10, Hurdle Step Overs x30, Farmer's Ladder Carry, Burpees x10, 15m Run.

Members interested in representing **Tollygunge Club** in the Gym Event are requested to give their names and preferred timing to the gym attendant between 8:00 AM to 8:00 PM.

For any queries, please contact the gym staff.

- Pintu Dhar – 7980210774
- Jagannath Bhagat - 7003485236

All interested in participating are requested to submit their timings by **Friday, 18<sup>th</sup> April'25**. **Timings will be evaluated and selection will be made on merit. The decision of the management is final.**

  
**Brig. V Ganapathy (Retd)**  
**C E & Managing Member**

**11<sup>th</sup> April, 2025**