

WELCOME TO THE 2023 GROUP FITNESS CHALLENGE

Main prizes kindly donated by **Mobil**

You've made the first step!

Congratulations! By signing up to the Challenge, you have made a massive commitment to your health and well-being over the next 20 weeks. The UC RecCentre are right here with you, and we will do all that we can to help and support you on your journey. *Let's do this!*

THE CHALLENGE:

Complete 50 Group Fitness classes, anytime between Monday 15th May and Sunday 1st October (20 weeks).

What counts as one class (1 stamp)?

- Any 30-60min class on our Group Fitness timetable.
- Any Small Group Training session.
- Special (e.g. themed) classes: 2 stamps

Note: To complete the entire 50 classes, you need to attend at least 9 different class styles* from our main Group Fitness Timetable at least once. The compulsory classes are at the front of your Class Diary, which can be stamped off at any time.

*Classes are grouped per square, one class per square required.



PUTTING IT INTO PERSPECTIVE...

- You have a total of **140 days** to collect your **50 stamps**.
- That's **20 weeks**, which means you need to complete on average **2-3 classes/week** in order to reach the 50 class mark!
- You have **38 opportunities a week** to attend our classes
- on the main **Group Fitness Timetable** during the Term.
- You also have the opportunity to sign up for any of our **Small Group Training Courses** that run per term.
- These are a guaranteed way to earn stamps!



2023 Group Fitness Challenge Kick Off

75 MIN MEGA CLASS

Join us to celebrate the start of the 20 Week Group Fitness Challenge with a 75 minute special with a little taste of a few of our RecCentre classes with some of your favourite instructors!

WEDNESDAY 17 MAY 5.20pm

Bring a friend for FREE!
Ask at Reception or email donella.mather@canterbury.ac.nz

\$50 Westfield Gift Card to be won!

Book Now

ON THE UC REC&SPORT APP



Tips & Tricks for Success!

- Download the **UC RecSport app** to book into and track your classes!
- Take advantage of our shorter 30 and 45min classes!
- **Find a friend** who is also completing the challenge - motivate and drag each other to the gym!
- **Create a weekly plan** that includes at least 3 of your favourite classes. Put them into your phone/calendar so you get reminded to head to class.
- **Mix up your plan** every now and again. It gets boring doing the same classes over and over again!
- **Keep your Class Diary in a place** so that you will always have it with you (i.e. Car, gym bag, locker...) then you won't forget it and miss out on any stamps.
- **Leave a spare set of gym gear** in the car or your locker. That way if you have a spare moment in the day (maybe your lecture was canceled or a scheduled meeting ran short) you can pop in and do a class.
- **Preparation is the key!**

Big thanks to **Mobil** for donating the Completion prizes: \$400 worth of fuel gift cards!

You can fill up at any of the local Christchurch Mobil stations:

- Mobil ARARU: 618 BREEZES & PAGES ROADS, ARARU
- Mobil BEALEY AVE: 266-270 BEALEY AVE, ST ALBANS
- Mobil CREYKE ROAD: 106-108 CREYKE ROAD, FENDALTON
- Mobil KAMPOI: 82 WILLIAMS STREET, KAMPOI
- Mobil MARRIAGE: 140 OF PUMPA & MADRID STREETS, CHCH CENTRAL
- Mobil PAPANUI: 23 MAIN NORTH ROAD, PAPANUI
- Mobil REDWOOD: 342 MAIN NORTH ROAD, REDWOOD
- Mobil RICCARTON: 33 RICCARTON ROAD, RICCARTON
- Mobil ROLLESTON: 14 SHAW ROAD, ROLLESTON
- Mobil SYDENHAM: 280 COLONIA STREET, SYDENHAM
- Mobil WIGRAM: 143 MAIN SOUTH ROAD, WIGRAM
- Mobil ST MARTINS: 238 CENTAURUS ROAD, ST MARTINS



Any questions?
Ask at Reception or hit us up on any of our socials for more information.



www.facebook.com/UCRecCentre



@ucrecsport

DON'T WISH ME GOOD LUCK.
WISH ME GOOD SWEAT.