

Group Fitness Challenge - TWO CHANCES TO WIN! Halfway Mark Draw + July Mega Class

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20 Week Group Fitness Challenge 2023

Main prizes kindly donated by **Mobil** and **TECHNOGYM**



Kia ora Group Fitness Challengers!

Mānawatia a Matariki 🌟 And for the GFC, you are nearly half way ... welcome to the end of Week 9!

You have **until this Sunday 23 July (10 Week total)** to work towards getting **25+ stamps in your Class Diary** to qualify for the Halfway Mark Draw to be in to win a \$50 Westfield Voucher.

This month's giveaway will be drawn from participants at our next Mega Class on Monday 24 July - see more below.

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MORE MEMBERS TO COMPLETE THE 2023 GFC!

- Katherine (Kate) McGeorge
- Viv Pan
- Wendy Lim
- Olivia Lake



Congratulations - you're all incredible!!



CLASS SPOTLIGHT: FIT50

Have you tried FIT50?

A small circuit style class, using all the fun bits of equipment in the Fun Zone! Benefit from limited participants, meaning personalised instruction from our experienced and motivating instructors. Optional heart rate (HR) training, if you want to see those stats!



What's involved?

A warm-up phase of simple cardio exercise, followed by 40 minutes interval-based circuit, utilising different equipment unique to the Fun Zone.

Every station has an option to cater to every level, whether you're

a beginner, intermediate, or advanced participant. Finishing with a cool down, stretch and a chat!

At your first class: Arrive early and let the instructor know it's your first time. They will assist you with using a HR monitor if you'd like one and make sure to look out for you in class to help if you need it. Most of all, have fun and enjoy trying something new!

UPCOMING *themed classes :*

A MEGA MIX OF
DIFFERENT CLASS
STYLES IN
ONE!

75 min Halfway Mark Mega Class

Mon 24 July, 5.10pm

Sports Hall

BOOK ON APP

JULY GIVEAWAY:
\$50 Personal Training Voucher to
be won - be in class to win !



KPOP ZUMBA
WITH KIRSTY

TUE 25 JULY
5.20PM
GYMNASIUM



HAVE YOU EARNED

 **25+ stamps?**

Enter below if you've got 25+ stamps by the end of Week 10
(we'll send a reminder email to enter at the end of next week!),
and you'll be in the draw to win a \$50 Westfield Gift Card.

Winner will be drawn at next week's
Mega Class. *Kia waimarie (good luck)!*



Enter the HALFWAY MARK (25+ STAMPS) DRAW here!



You're receiving this email because you joined UC Rec & Sport.

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