



HEALTH & FITNESS

MEMBER APPRECIATION MONTH



Celebrating our members with exclusive June-only perks

MONTH

MON	TUE	WED	THU	FRI	SAT	SUN
1 PUBLIC HOLIDAY	2 HYROX Training Club Launch	3	4 For the whole family!	5	6	PRIZE ★ SOUL SUNDAY 1PM-4PM Mega Class Yoga (Vinyasa/Kundalini, Meditation) & Sound Healing
Gym Challenge • Ski Erg						
Colouring Competition • Brightest Entry Wins! PRIZE ★						
Gym Challenge • Sit and Reach						
Bring a Friend to Group Fitness for Free • Subject to Available Spots on the Day						
8	9	10	11	12	13	14
Gym Challenge • Assault Bike						
15	16	17 stay hydrated ☺	18	19	20 DYNAMIC DUOS 8:30AM-12:30PM Mega Launch Body Step, Pump, Combat, Balance • Shapes • Clubbercise Dance Party	21
Gym Challenge • Longest V-Sit Hold						
Bring a Friend to the Gym for Free						
22	23	24	25	26	27 Motivation boost!	28 Most June Visits Wins a Prize

See Gym Reception for more details

*Terms and Conditions apply

