



HEALTH & FITNESS

# MEMBER

# APPRECIATION MONTH



Celebrating our members



MON	TUE	WED	THU	FRI	SAT	SUN
<b>Gym Members - Free Reformer Pilates Trial</b> • Redeem at Gym Reception						
<b>PUBLIC HOLIDAY</b> 1	2	 <b>Free Health Check Bus</b> <b>HYROX Training Club Launch</b>	4 <b>HYROX</b>	5	 <b>Sound Healing Class Reformer Pilates Members</b> <b>HYROX</b>	7
8 <b>HYROX</b>	 <b>Bring a Friend to Group Fitness for Free</b> 9	 <b>Aqua Tag Team Class</b> <b>Bring a Friend to Group Fitness for Free</b> 10	<b>Bring a Friend to Group Fitness for Free</b> 11 <b>HYROX</b>	 <b>Les Mills Virtual Trial Day</b>  <b>Cycle Special Class</b>	 <b>Tag Team Instructor Class</b> <b>HYROX</b>	14
<b>Gym Challenge 1km Row</b> PRIZE			<b>Gym Challenge Push-Ups</b> PRIZE			
15 <b>HYROX</b>	16	17 <b>HYROX</b>	 <b>Sound Healing Class Gym Members</b> 18 <b>HYROX</b>	19	20 <b>HYROX</b>	21
<b>Flash Sale - 5 Pack 30 Min Personal Training Sessions for \$189</b> • Redeem at Reception						
<b>Small Group Personal Training Free Trial</b> • Redeem at Gym Reception						
<b>Free Fitness Assessments and Body Scans</b> • Redeem at Gym Reception						
<b>Free Trial</b> <b>HYROX</b> 22	23	<b>Free Trial</b> <b>HYROX</b> 24	<b>Free Trial</b> <b>HYROX</b> 25	26	<b>Free Trial</b> <b>HYROX</b> 27	 <b>Most June Visits Wins a Prize</b> 28

## Save the Dates

Bookings open 48 hours before class time, so mark your diary for our special June members classes, bonus experiences, flash sales and prizes.

[See Gym Reception for more details](#)

\*Terms and Conditions apply

