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

UC Rec & Sport <noreply@mywellness.com> Fri 7/14/2023 7:36 PM

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## 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.

- UC RELESport

### 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



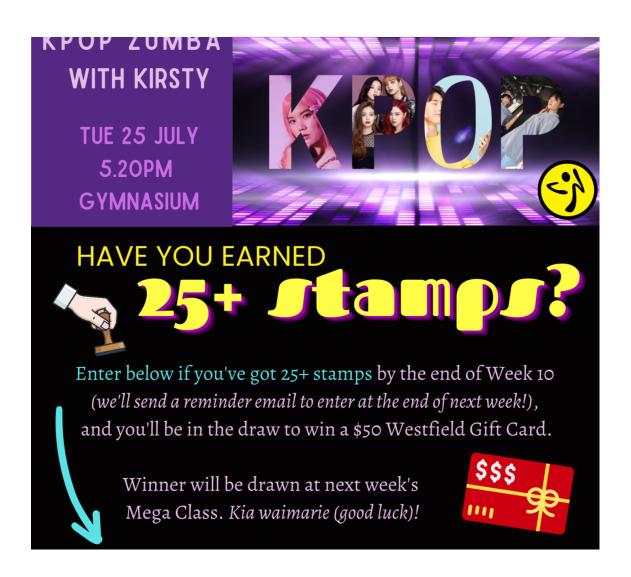


A MEGA MIX OF DIFFERENT CLASS

> Mon 24 July, 5.10pm Sports Hall

#### **BOOK ON APP**

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



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







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