

SATURDAY 27TH - WEDNESDAY 31ST JULY

# 5 DAYS OF FITNESS OPEN HOUSE

## WHAT'S INCLUDED?

- Complimentary 5 Day Gym Pass (valued at \$50)
- Choose from these Sessions:

Saturday 27th SGPT 9:15am, YOGA HATHA 9:15am

Sunday 28th YOGA STRENGTH 9am, BOXING 10am

Monday 29th SGPT 6:15am, RPM 5:45pm

Tuesday 30th BODYBALANCE 10:15am, BODYCOMBAT 7pm

Wednesday 31st HIIT 6:15pm, SGPT 6:45pm

BRING  
A FRIEND  
FOR FREE\*

**GET IN QUICK.  
LIMITED TO THE FIRST 20.  
REGISTER AT RECEPTION.**

\*T's & C's apply. \*SGPT = Small Group Personal Training.



SOUTH PACIFIC  
HEALTH CLUBS