

# Members may-hem 2024

For the month of May we are celebrating all things FUN & Fitness with you our Members! Lets move more in May here at Cardinia Life!

SUN	MON	TUE	WED	THU	FRI	SAT	WEEK
Cardinia Life	BRING A FRIEND <i>Free Access</i> 2 WEEK PASS		1  RACE AT YOUR PACE KM CHALLENGE	? <b>Ask us about a FREE Membership upgrade!</b>	3	4  AQUA Mother's Day RAFFLE	1
5	6 <b>RELENTLESS 6PM</b>	7 <b>20% OFF</b> Merchandise SALE 7-9 MAY	8 <b>AUSTRALIA'S BIGGEST MORNING TEA</b> <b>RELENTLESS 6PM</b>	9	10 <b>RELENTLESS 6PM</b>	11  9.15AM BEGINNER CYCLE CLASS (30min)	2
12 <b>RELENTLESS 9.30AM</b>	13 <b>RELENTLESS 6PM</b>	14 <b>MEMBERSHIP SPECIAL OFFER</b>	15 <b>RELENTLESS 6PM</b>	16	17 <b>RELENTLESS 6PM</b>	18 <b>3-DAY PT PACK SALE</b> 18-20 MAY ONLY	3
19 <b>RELENTLESS 9.30AM</b>	20 <b>RELENTLESS 6PM</b>	21	22 <b>RELENTLESS 6PM</b>	23	24 <b>RELENTLESS 6PM</b>	25  9.15AM BEGINNER CYCLE CLASS (30min)	4
26 <b>RELENTLESS 9.30AM</b>	27 <b>RELENTLESS 6PM</b>	28 <b>NEW GROUP FITNESS TIMETABLE COMING SOON!!</b>	29 <b>RELENTLESS 6PM</b>	30 <b>ONLINE BOOKINGS COMING SOON!</b>	31 <b>RELENTLESS 6PM</b>	More info will be provided! Check our socials!	5

**AQUA Mother's Day raffle!**  
Attend any AQUA class between 4-10 May to enter our Mother's Day Raffle to win a 'Pamper Hamper' valued at \$70!

**RACE AT YOUR PACE**  
Run, Walk, Cycle, Swim or Step your way to a more active lifestyle in May! The member who records the most KM's for the entire month of May wins 1-month FREE Membership! Register now at reception!

**RELENTLESS**  
FREE in May for Members!  
A 45 min small group based training sessions designed to challenge your fitness level and test your limits while under the supervision of a qualified instructor. Sessions include a variety of different training styles including body weight, strength, cardio, resistance band & core exercises. Limited to 8 people per session.  
\*All participants must collect a class ticket at reception prior to sessions. Classes held in the gym.