




# Members may-hem 2025

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	RAFFLE
Cardinia Life	 BRING A FRIEND IN MAY <i>Free Access</i>	CRECHE DISCOUNT IN MAY FOR MEMBERS 	 Ask us about a FREE Membership upgrade!	1  RELENTLESS 6AM	2  RELENTLESS 6PM	3  9.30AM BODY STEP CLASS	1	<b>Group Fitness Raffle!</b> Attend any GF classes in May for your chance to WIN! Place your tickets in boxes provided at your class to go in the draw for some AMAZING prizes!
4	5  RELENTLESS 6AM & 6PM	6 9.30AM ACTIVE GYM CLASS  Members Merchandise SALE 6-9 MAY	7  RELENTLESS 6PM	8 MEMBERS ONLY PT PACK SALE  RELENTLESS 6AM	9  7.30AM ACTIVE GYM CLASS RELENTLESS 6PM	10	2	<b>Bring a Friend for Free!</b> Exercising is more enjoyable when your with others! Invite your workout buddy to join us for an exciting month of fitness and fun! Bring a friend, family member or colleague along for FREE! Yes - your nominated friends will get a free 14 day trial pass to the Centre.
11  8.15am ZUMBA  BRING THE KIDS FOR FREE & RECEIVE A FREE COFFEE	12  RELENTLESS 6AM & 6PM	13  9.30AM ACTIVE GYM CLASS	14  AUSTRALIA'S BIGGEST MORNING TEA RELENTLESS 6PM	15  RELENTLESS 6AM	16  7.30AM ACTIVE GYM CLASS RELENTLESS 6PM	17  9.30AM BODY STEP CLASS	3	<b>Aquatics M'ship Upgrade!</b> Aquatic members can upgrade to all access in May at no extra cost! Enjoy full entry to our gym and all group fitness classes including our exclusive Active Gym Class - available only this May! Simply register via our website.
18	19  RELENTLESS 6AM & 6PM	20  9.30AM ACTIVE GYM CLASS	21  RELENTLESS 6PM	22  RELENTLESS 6AM	23  7.30AM ACTIVE GYM CLASS RELENTLESS 6PM	24	4	<b>RELENTLESS</b> 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. Plus, each class earns you an entry into the group fitness raffle! Collect a class ticket at reception prior to sessions.
25 8.15AM TRIATHLON START 	26  RELENTLESS 6AM & 6PM	27 9.30AM ACTIVE GYM CLASS  6.30PM FLURO BOXING CLASS	28  12PM MEMBERS LUNCH RELENTLESS 6PM	29 6.30pm FLURO ZUMBA  RELENTLESS 6AM	30  7.30AM ACTIVE GYM CLASS RELENTLESS 6PM	31 More info will be provided! Check our socials! 	5	