



































JUNE AT THE MARC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 = Visit our Facebook page for your chance to win a prize			 <p>GLOBAL RUNNING DAY</p> <p>My wellness – Track your moves today to win a prize</p>	 2 <p>Heart Fit</p> <p>Great for beginners Bring a friend for <u>free</u> 11.30am</p>	 3 <p>WORLD BICYCLE DAY Blender bike</p> <p>My wellness Cycle Challenge Join RPM at 9.15am Bring a friend for <u>free</u></p>	 4 <p>Saturdays are for Squats Challenge yourself in our BodyPump class Bring a friend for <u>free</u> 8.30am</p>
 5 <p>Peace of mind allows positive mental health</p> <p>Free Body Balance class Find your mental health 9.00am</p>	 6 <p>WA DAY</p> <p>Come up with best caption for a FB photo – Winner receives a new gym towel</p>	 7 <p>Evening Creche Launch 4.30 - 7.00pm Party Games</p> <p>Action Tots – Bring a friend for <u>free</u></p>	 8 <p>NATIONAL BEST FRIEND DAY</p> <p>Bring a best friend for <u>free</u> to all dry and aqua fitness classes</p>	 9 <p>Thursday's training day Come and try out BODY LAB for <u>free</u> 5.00pm</p>	 10 <p>Achieving goals – Add your goals to the goal wall</p>	 11 <p>My Wellness Steps challenge - Step back in time and come to one of the early BodyStep releases Bring a friend for <u>free</u> 9.15am</p>
 12 <p>Sometimes the biggest hurdle is stepping foot into the gym. Come and see our friendly staff to organise a <u>free</u> fitness appraisal for non-gym members today only.</p>	 13 <p>Men's health week Contact our friendly gym staff to organise a <u>free</u> <u>body scan</u> today Men only</p>	 14 <p>Heart Fit Great for beginners Bring a friend for <u>free</u> 11.30am</p>	 15 <p>Bring a Friend for free to Juniorfit 3.40pm and Student Powerfit 4.20pm</p>	 16 <p>RED APPLE DAY <u>Free</u> apples from Café</p> <p>Spend over \$20 in our café in one transaction to spin the prize wheel</p>	 17 <p>Creche – Dance Party 8.45am - 12noon</p>	 18 <p>Winter Warrior Challenge Book in today \$40 members \$139.90 non-members (includes 6 week membership)</p>
 19 <p>Men's health week Join us at Calypso for a <u>Fun Run and BBQ Breakfast</u> (registrations essential)</p>	 20 <p>Aqua fitness classes Bring a friend for Free at 8.15am, 9.15am and 6.15pm</p> <p>Water Pixies @ MARC</p>	  21 <p>INTERNATIONAL YOGA DAY</p> <p>NATIONAL SELFIE DAY FB – Take a gym selfie & send it to MARC for a chance to win</p> <p>Water Pixies @ MARC</p>	 22 <p>Creche –Craft Day 8.45am - 12noon</p> <p>Water Pixies @ MARC</p>	 23 <p>Thursday's training day Come and try out BODY LAB for <u>free</u> 5.00pm</p> <p>Water Pixies @ MARC</p>	 24 <p>SWIM A LAP DAY My Wellness - MOVES Swimming Challenge</p> <p>Attend an Aqua fitness class for <u>free</u> 8.15am and 9.15am</p> <p>Water Pixies @ MARC</p>	 25 <p>MEMBER APPRECIATION DAY We appreciate you! Collect a flyer from reception to see all of our <u>free</u> fun activities.</p> <p>Water Pixies @ MARC</p>
 26 <p>Comment to win on FB – Favourite thing about our Café. Winner receives a new gym towel</p> <p>Water Pixies @ MARC</p>	 27 <p>Water Safety week Walter and Wendy</p> <p>WORLD WELLBEING WEEK – JUL 1 #worldwellbeingweek</p>	 28 <p>Water Safety week Walter and Wendy</p> <p>Action Tots – Bring a friend for <u>free</u></p> <p>Creche - Sensory Day</p>	 29 <p>Water Safety week Walter and Wendy</p>	 30 <p>Social Media Day Like and share FB post</p> <p>Water Safety week Walter and Wendy</p>	 1 <p>New Memberships Launch</p> <p>Water Safety week Walter and Wendy</p>	 2 <p><i>SCHOOL HOLIDAYS</i></p> <p>Water Safety week Walter and Wendy</p>