

Please find below a brief outline of upcoming events at your gym:

OOMPH Boot Camp (not zero miles per hour!!)

If you want to get in shape for summer with only limited weeks left, this Boot Camp is for you. For more information go to www.151.co.nz and search for “OOMPH” Starts 14 November and runs until 16 December. Book your place or you’ll miss out.

NEW Boxing Fitness Class – with Paul Wilson as your trainer

Due to popular demand we will be introducing 3 boxing fitness class options per week (weather permitting) that will be run at 1pm Mondays, Wednesdays and Fridays from 1pm – 1.45pm outside. Cost of this class is \$15 per person. A great way to mix up your training and fantastic for your upper body and core toning and strengthening and fitness! First week of classes will be free as we assess/settle in with you and adapt if necessary. Bookings not necessary yet thank you. Feel free to bring your own gloves if you desire. First class will be Monday the 7th of Oct at 1pm. Go for it!! Non member rates available if you’d like to see a work mate put through their paces!

Adult Learn to Swim Programme

With a maximum of 6 people and a minimum of 4 needed, this class will fill up fast. We’ve set it up sort of like a learn to swim boot camp if you like. For full details on the programme and instructions how to book your place, search for learn to swim on our web site. Programme starts 14 November and ends 18 December.

Indoor (actually outdoor on the court) Soccer Teams Tournament

Teams of 4 compete over probably 4 weeks or so to find the 151 Soccer Champions. Last day to enter your team is Monday 14 November. Full details on our web site, search for “soccer”.

Phew, a busy month of options coming up for everyone to help keep fit and motivated.

Time is running out to get involved in these events. Please, if you considering participating in one or more, take the appropriate steps to book your place as detailed on the web page.

www.151.co.nz

Please note: The OOMPH challenge and Learn to Swim programmes need minimum numbers to run. For the most up to date details look in the “Latest News” page on our site

Thank you

Mike Baker

Director – 151

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