

ACTIVATE YOUR WELLBEING

Terms & Conditions

- All participants must register for the challenge via the link on our website
- All participants must be a free time or paid member of the gym and complete a health questionnaire prior to commencing the challenge.
- During the challenge dates, access to the following classes will be free:
 - Monday - Yoga - 12:30pm - 1:30pm
 - Monday - Yogalates - 6.30pm - 7.30pm
 - Tuesday - Yoga - 12:30pm - 1:30pm
 - Wednesday - Yogalates - 12:30pm - 1:30pm
 - Thursday - Stretch & Mobility - 12:30 - 1:15pm
 - Thursday - Yoga - 6-7pm
 - Friday - Stretch & Mobility - 7:15am - 8am
 - Friday - Yogalates - 12:30pm - 1:30pm
- The Activate your Wellbeing challenge is open to all students, staff, and community members.
- The challenge lasts for 4 weeks between the 1ST June to the 26th June 2026
- Participants can choose which of the wellness activities they want to participate in throughout the challenge.
- Any participants who complete every activity on the bingo card can go into a prize draw to win a wellness prize.
- All participants will receive a digital certificate of completion.
- By signing up for the challenge, you give your consent for the gym staff team to take any images or videos for social media use