Spin and Win!

STARTS MONDAY 31ST JULY - JOIN THE RPM & CYCLE CHALLENGE
FITBIT AND PERSONAL TRAINING SESSION PRIZES FOR WINNERS!

IF YOU’RE A ‘NEW SPINNER’
Attend two RPM or Cycle classes a week for six weeks (Or 12 in total)

ALREADY A ‘MASTER SPINNER’
Attend three RPM or Cycle classes a week for six weeks (Or 18 in total)

Book your RPM & Cycle classes via Warrior Web or go to the Group Fitness webpage for bookings and more information. For your chance to win......

- “New Spinners” – so we know you’re a ‘New Spinner’; each time you attend a class please have your printed ticket stamped upon entering into the prize draw box
- “Master Spinners” – simply enter your printed ticket into the prize draw box each time you attend an RPM or Cycle class
- Competition duration is six weeks from 31st July to 10th September
- Prize winners will be drawn and contacted Monday 11th September

To get you spinning....You’ll burn up to 600 calories in each RPM or Cycle class! Interval based cardio training is also proven to improve your aerobic fitness so you feel more energetic in your daily activities and you’ll release natural endorphins that will help improve your mental stamina and focus.