



Lords
CITY OF SUBIACO

**LORDS 1ST
BIRTHDAY**

OPEN DAY PROGRAM

Time	Activity	Location
8.15 am	Lords group fitness classes – body attack & RPM	Main Studio / Studio 2
9.00 am	Lords personal training taster sessions Jumping J-Jays bouncy castle & jungle soccer Sports demonstrations – floorball, martial arts Lords group fitness classes – body step & aqua Tennis exhibition matches Heart Foundation – heart moves	Gym Kids Zone Court 1 & 2 Main Studio / Pool Courts 4 & 5 Court 2
9.15 am	Lords gym – abs blitz class	Gym
9.30 am	Lords group fitness class – Cycle Lords gym ‘push up’ competition Pop Magic – magic show	Studio 2 Gym Kids Zone
9.45 am	Lords group fitness class – body pump (45min) Lords gym ‘500m row’ competition Pop Magic – balloon twisting	Main Studio Gym Kids Zone
10.00 am	Junior sports demonstration – urban football australia Lords gym – circuit class Pro-Ink face painting Come’n Try Tennis (ball machine & speed gun) Pop Magic – magic show	Court 1 Gym Kids Zone Courts 4 & 5 Kids Zone
10.15 am	Pop Magic – balloon twisting	Creche
10.30 am	Lords group fitness – morning prize draw Lords 1st birthday event presentations	Main Studio Main Studio
11.00 am	Lords basketball competition demonstration match Lords volleyball competition demonstration match Lords group fitness classes – body balance & pilates Lords personal training taster sessions Wheelcats wheelchair basketball demonstration	Court 2 Court 3 Main Studio / Studio 2 Gym Court 1
11.15 am	Lords gym – abs blitz class	Gym

COMPETITION

Fill out the details below for your chance to win a twelve month membership at Lords.

Place your coupon in the entry box located at reception. The winner will be drawn at 1pm and contacted by phone if not present at the draw.

Name _____

Phone (H) _____

(M) _____

Address _____

Postcode _____

Terms and conditions of entry: 1. Participation in this competition is deemed acceptance of these terms and conditions. 2. The competition commences on Sunday 4 July 2010 at 10am and closes at 12.30pm. 3. One competition entry coupon per person. 4. Entry is only valid if all details on the competition entry are completed. 5. City of Subiaco employees cannot enter the competition. 6. Entrant must be 16 years or older. 7. The winner is notified by phone using contact number provided on the entry coupon. 8. The prize is valid for twelve months, strictly commencing on 6 July 2010 and ending on 5 July 2011. 9. The membership prize is non-transferable and not redeemable for other prizes or cash. 10. It is at the City of Subiaco's discretion to disqualify any entrant ineligible to enter into the competition or whom they deem breaking the competition terms and conditions without notifying the entrant. 11. The draw will take place at Lords at 1pm on Sunday 4 July 2010. 12. The city's decision on the draw will be final and no correspondence will be entered into.

Please tick your age group:

16–29 30–49 Over 50

Are you currently a member of a gym?

Yes No

Have you been a member of Lords in the last five years?

Yes No

How did you hear about the Lords Open Day?

E-newsletter member website
radio Post newspaper other

(if other please specify) _____

Would you like to receive the Lords e-newsletter?

Yes No

Email: _____

Time	Activity	Location
11.30 am	Pro-Ink circus workshop Tennis – fastest serve competition Lords gym '1km run' competition	Kids Zone Court 5 Gym
11.45 am	Lords group fitness class – body combat Lords gym 'chin ups' competition	Main Studio Gym
12.00 noon	Lords soccer competition demonstration match Lords netball competition demonstration match Lords gym – circuit class	Court 3 Court 4 Gym
12.30 pm	Lords group fitness class – yoga	Main Studio
1.30 pm	Lords group fitness – afternoon prize draw Zumba	Main Studio Main Studio

