

# LINCOLN UNIVERSITY GYM

## OPEN DAY

Sunday 25 September  
10am to 2pm



**LINCOLN  
UNIVERSITY  
GYM**

[www.lincoln.ac.nz/lugym](http://www.lincoln.ac.nz/lugym)

**FREE**

**TRY OUR  
FANTASTIC  
FACILITIES**

- ✓ Do a workout, utilising our weights and state-of-the-art equipment
- ✓ Tackle the bouldering wall, or have a game on our squash and basketball courts
- ✓ Join a group fitness class

#### Cycle Studio

10:00am RPM  
11:00am The TRIP  
12noon SPRINT

#### Studio 1

10:00am BodyStep  
11:00am BodyPump  
12noon BodyBalance

#### Studio 2

10:00am BodyCombat  
11:00am BodyAttack (30mins)  
11:30am Tone



The minimum age eligibility to use the LU Gym is 14 years. Secondary school students aged 14 – 18 years must have had an orientation prior to the use of our facility and have parental consent.



# WHARE HĀKINAKINA LU GYM, **THE BIGGEST GYM** IN SELWYN!



## WE OFFER

- World-class Les Mills programmes with more than 40 group exercise classes per week
- A range of different membership options
- No contracts needed or joining fee to pay
- Personal trainers
- The latest equipment
- Squash courts
- Boxing and yoga studios
- Sports lab
- Massage therapy
- Everything you need to achieve your fitness goals.

## FIND OUT MORE

P 03 423 0550  
W [www.lincoln.ac.nz/lugym](http://www.lincoln.ac.nz/lugym)

### Follow us on

 [facebook.com/lureccentre](https://facebook.com/lureccentre)  
 [instagram.com/lureccentre](https://instagram.com/lureccentre)

### Hours of Operation

Monday–Thursday	5.30am to 9.00pm
Friday	5.30am to 8.00pm
Saturday	7.00am to 5.00pm
Sunday	7.00am to 5.00pm

Hours may vary on public holidays and during the festive season.



**Gate 2, Calder Drive  
Lincoln University**