




## Activities for Invercargill Participants

200 'bonus' minutes will be awarded to each entrant that takes part in any of the following events.

**REMEMBER** to bring your team lanyard to receive the bonus minutes

WEEK ONE	When	Where	Time	Cost
<b>ZUMBA</b>	Thursday 3rd Nov	SGHS East Hall (Tweed St)	7:00pm	\$2
	Monday 7th Nov	La Muse Dance Studion (Cnr Nith & Eye St)	10am	\$2
<i>Please Note: Spaces at these classes are limited to the first 60 people</i>				
WEEK TWO	When	Where	Time	Cost
<b>Ascot Park Hotel Southland Marathon &amp; Events</b>	Sunday 13th Nov	Various starting points	Between 8:15am - 8:50am	<i>see website for category prices</i>
WEEK THREE	When	Where	Time	Cost
<b>Track Start</b>	Tuesday 15th Nov	ILT Velodrome	5:30pm	\$5
<i>Includes bike hire</i>				
WEEK FOUR	When	Where	Time	Cost
<b>btpilates</b>	Thursday 24th Nov	St Pauls Harriers and Athletics Club Rooms <i>Opposite the finish line at the Athletics Track (Surrey Park)</i>	7:45pm	\$6
WEEK FIVE	When	Where	Time	Cost
<b>BNZ Summer Walk Series</b>	Tuesday 29th Nov	Stead St Wharf (New River Walkway Extension)	10:00am or 6:30pm	FREE

# bnz <sup>workplace</sup> CHALLENGE



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## Activities for Gore Participants

200 'bonus' minutes will be awarded to each entrant that takes part in any of the following events.

REMEMBER to bring your team lanyard to receive the bonus minutes

WEEK ONE	When	Where	Time	Cost
Active Wheels	Thursday 3rd Nov	Gore Racecourse	5:30pm	\$1
WEEK TWO	When	Where	Time	Cost
Ascot Park Hotel Southland Marathon & Events	Sunday 13th Nov	Various starting points	Between 8:15am - 8:50am	see website for category prices
WEEK THREE	When	Where	Time	Cost
Aqua Extreme	Wednesday 16th Nov	Gore Aquatic Centre	6:00pm - 7:00pm	\$5
WEEK FOUR	When	Where	Time	Cost
Wednesday Night Rides	Wednesday 23rd Nov	Behind CrossRoad Cycl	6pm	FREE
WEEK FIVE	When	Where	Time	Cost
Top Workplace Event	Friday 2nd Nov	MLT Events Centre		\$5



## Activities for Gore Participants

200 'bonus' minutes will be awarded to each entrant that takes part in any of the following events.

WEEK ONE	When	Where	Time	Cost
Active Wheels	Thursday 3rd Nov	Gore Racecourse	5:30pm	\$1
WEEK TWO	When	Where	Time	Cost
Ascot Park Hotel Southland Marathon & Events	Sunday 13th Nov	Various starting points	Between 8:15am - 8:50am	see website for category prices
WEEK THREE	When	Where	Time	Cost
Aqua Extreme	Wednesday 16th Nov	Gore Aquatic Centre	6:00pm - 7:00pm	\$5
WEEK FOUR	When	Where	Time	Cost
Wednesday Night Rides	Wednesday 23rd Nov	Behind CrossRoad Cycles Shop (Main Street, Gore)	6pm	FREE
WEEK FIVE	When	Where	Time	Cost
Top Workplace Event	Friday 2nd Nov	MLT Events Centre		\$5

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