

Perfecting the pitch

Enterprise encouraged

By SHAYNE ELDRIDGE

You could be forgiven for thinking there was a major business convention at the Cambridge High School hall a couple of weeks ago.

It was actually the Business New Zealand Challenge workshop for future businessmen and women, or Cambridge High School students as they are now, to test their commerce and marketing skills against each other.

Auto-Matic team members Chanmi Son, 17, Laura Keoghan, 16, Alysha Ellis, 16, Holly Vu, 17, Michaela Watts, 16, and chief executive Dalton Foxall, 16, won the three-day programme with their customised car setting controller concept, Auto Mate, that

locks in settings to fit a specific driver, including tuning the radio station and moving the seat and mirrors into the correct positions. It was aimed at pool cars that are shared between business people.

Auto-Matic chief executive Dalton said it felt good to win the competition and he was "very satisfied" with his team's effort.

The Young Enterprise Trust presents 55 workshops in New Zealand every two years.

There were 45 students involved with the voluntary workshop sponsored by EMA Northern.

The students split into groups to form "virtual companies" and created an idea to pitch to successful business people who chose the winner.



BUSINESS SAVVY: Auto-Matic members (clockwise, from left) Chanmi Son, Laura Keoghan, Dalton Foxall, Alysha Ellis, Holly Vu, and Michaela Watts celebrate their win of the Business New Zealand Challenge with lead presenter Ewan McLeod (centre back).

Homestead's festival

This weekend Monavale Homestead is hosting a Celebrating Christian Artists festival.

There will be an art exhibition, garden display, open-air play depicting the life of Jesus in the days leading up to the cross, and a garden concert of music to cel-

ebtrate Easter. Saturday's programme also has a painting demonstration by artist Jos Coufreur.

The Monavale festival runs from April 8 and 9 at Monavale Homestead, 3553 Cambridge Rd, Monavale. For more information phone 823 1800.

! OPEN DAY !

PONY TALES

SUNDAY 10TH APRIL
1pm - 5pm

FUN!...

- Pony Rides
- Fancy Dress Parade
- Gymkhana & Jumping
- Kids Games
- BBQ & Cake!

...WIN!

- 2 hr Treks
- Gift Vouchers
- Adult Riding & Adopt a Pony Lessons in the School Hols!

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you asked for it, we listened, and now it's here.

Body and Motion Gym now has a dedicated spin and RPM room. This means we've been able to increase our group fitness and spin class timetable, giving our members a wider selection of classes at more convenient times. Remember to book for this class - it is popular and places are limited. **ALL OUR CLASSES ARE FREE TO MEMBERS.**

Come and talk with us about a **free trial period**, or casual/concession visits.

GROUP FITNESS, SPIN/RPM TIMETABLE

TIME	MON	TUES	WED	THURS	FRI	SAT
6 AM	Spin Strength		RPM		Spin Interval	
8 AM						BOOT CAMP Spin Endurance
9.15 AM	Introduction Spin ZUMBA	Gym Sticks	Introduction Spin Shape & Tone	Tae Bo	Kettle Bells	ZUMBA
11 AM	Introduction Spin YOGA	Pilates		Pilates		
5.30 PM	ZUMBA	Endurance Spin PUMP	Pilates	BOOT CAMP Strength Spin	Gym Sticks	
6.30 PM	Pilates RPM	Kettle Bells	ZUMBA Spin Intervals	Kettle Bells	YOGA	

Come and talk to us about your health, fitness and lifestyle goals. You don't have to be a member of Body and Motion Gym to buy the products we stock or to participate in our classes.

Regards, Mel and the Team

body and motion Ltd

PEAKFUEL

Body and Motion Gym (Cambridge) is proud to be the only gym in the country that stocks the PeakFuel product range. These products are top of the line, with PeakFuel evolving into a market leader in the 5 years since the brand was launched. Whether you want support with energy, training, performance, muscle repair, recovery, recharging and building or hydration, PeakFuel offers something for everyone, from the casual gym enthusiast through to competitive elite and ultra-event athletes.

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