

# SHIFT day FAQ

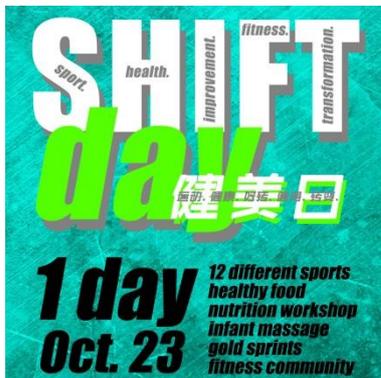
## 1. What is Shift?

SHIFT is a health and fitness platform dedicated to grow the fitness community in Southwest China. We are located in Chengdu. SHIFT stands for Sport, Health, Improvement, Fitness, and Transformation.



## 2. What is Shift Day?

SHIFT Day is an event that brings together many international and local fitness-minded professionals for an afternoon of training, healthy food, and exposure to the healthy options and event that Chengdu has to offer. There will be 5 areas that will have up to 13 different activities to choose from. With pilates, martial arts, bicycle races, yoga, massage workshops, and more available, you will find something the interests you. Available will also be healthy food vendors selling salads, fresh squeezed juices, yogurt, and more! You won't get bored, and you sure won't go hungry, either.



### 3. Whats in the grab bag

Many of our partners are giving away small prizes to the first 100 people at the event. So far we have free month-long memberships for Chengdu Bujinkan, MixMe Healthy Lifestyle, 10% discounts off various food vendors, a free bottle of water, a free juice coupon for after the event.. and more!



### 4. How can I get raffle tickets?

At the end of the event we will hold a raffle for large prizes, including a yearlong membership to MixMe Healthy Living, and a free night at the beautiful Fraser Suites hotel. Every person who enters the event will be given a number upon registration. That number is then used to write down on your raffle tickets that you receive every time you buy from one of our vendors. For example: When you buy a salad, you will be given a blank raffle ticket. You will then write down your number on the ticket and drop your ticket into the raffle bowl. You get a ticket for every time you buy food or a juice at the event. The more tickets, the higher your chances of winning a prize!



Prizes:

- ✓ 1 year membership at MixMe Healthy Living gym (1x)
- ✓ 12 CoolTrip trips (1x)
- ✓ Free night at Fraser Suites Hotel (1x)
- ✓ 3 months membership at Chengdu Budo Taijiutsu (1x)
- ✓ 100rmb voucher for Hurom (4)
- ✓ Box of CheesecakeLove cheesecake (4x)

### 5. What is Shift membership?

SHIFT members get access to all our partners. they also get free access to future SHIFT events. In addition to this our members get discounts at various food vendors, fitness centers, training centers, and at all our partners' locations.

### 6. What do I have to bring?

We will be selling water and juices at the event, so you're covered there, however you may bring your own water bottle. There will not be a shower location and the only place you could change

your clothes would be in the restroom. We recommend that you come dressed, ready to move. Please pay attention to the weather. If you are participating in the events it's advised that you bring your own yoga mat, however not all of the events will require ground work.

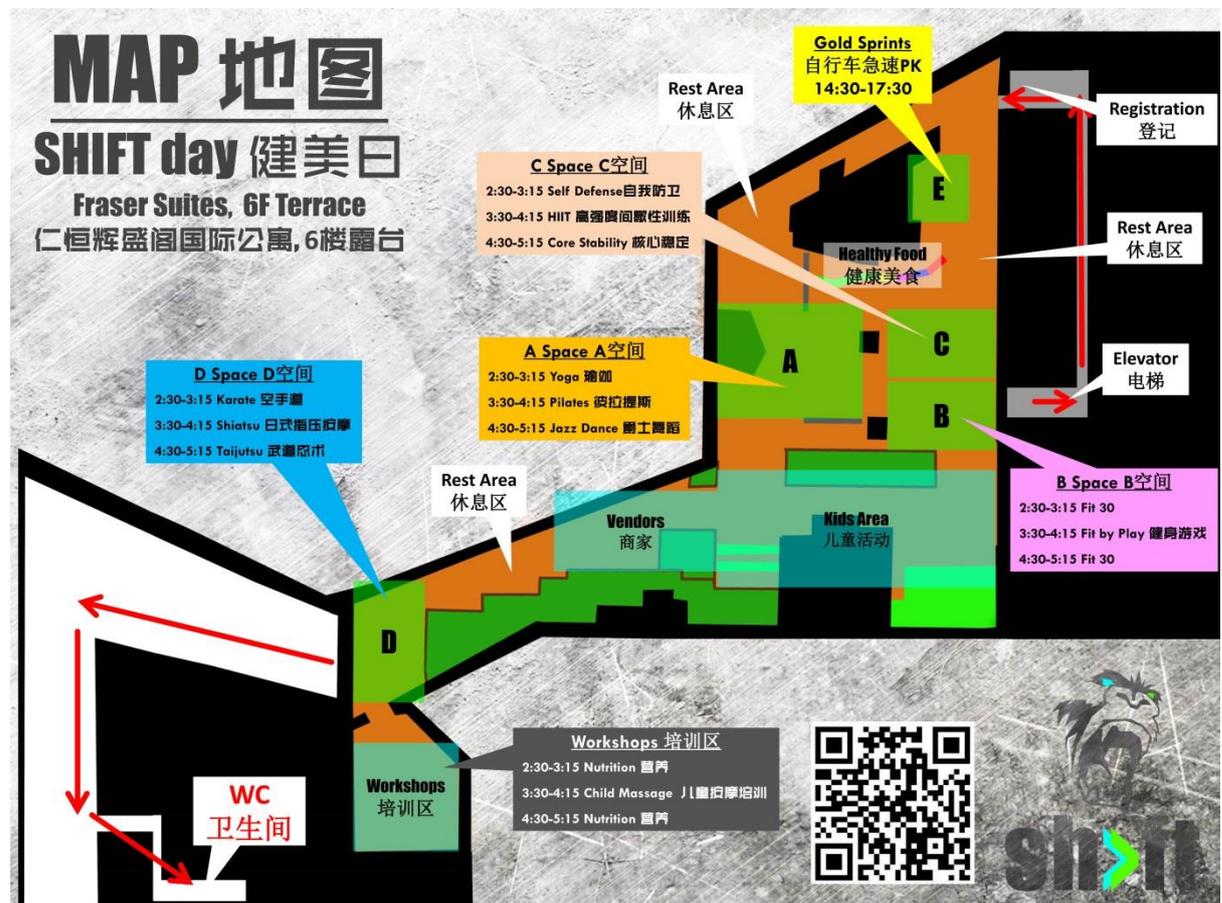


**7. How do I join the classes?**

The classes are open for any adult to join. You may enter a class at the time scheduled. Though no one will stop you if you need to leave in the middle of a class, please be respectful of the trainers, coaches and fellow students. Some of the activities will be team-based and the activities may have difficulty if students leave halfway through. The trainers also reserve the right to close a class if the class reaches full capacity.

**8. What activities will be at the event?**

Please see the schedule.



**A SPACE / A空间**

2:30-3:15 Yoga 瑜伽  
 3:30-4:15 Pilates 彼拉提斯  
 4:30-5:15 Jazz Dance 爵士舞蹈

**B SPACE / B空间**

2:30-3:15 Fit 30  
 3:30-4:15 Fit by Play 健身游戏  
 4:30-5:15 Fit 30

**C SPACE / C空间**

2:30-3:15 Self Defense 自我防卫  
 3:30-4:15 HIIT 高强度间歇性训练  
 4:30-5:15 Core Stability 核心稳定

**D SPACE / D空间**

2:30-3:15 Karate 空手道  
 3:30-4:15 Shiatsu 日式指压按摩  
 4:30-5:15 Taijutsu 武道忍术

**E SPACE / E空间**

2:30-5:30 Gold Sprints 自行车急速PK

**NATOOKE.**

**Workshops 培训区**

2:30-3:15 Nutrition 营养  
 3:30-4:15 Child Massage 儿童按摩培训  
 4:30-5:15 Nutrition 营养

**9. What if it rains?**

The majority of the event is covered and out of the rain. However there are some areas that are uncovered. If it rains, expect a drop of temperature. The event will still be held rain or shine.

**10. If I don't come can I get a refund?**

Unfortunately, no. We only have limited tickets available and we will be closing off ticket sales after a certain point. The funds for ticket sales are only going into running the event itself

**11. Will it be the same venue every time?**

We are looking into different venues for our events every day. As our options grow so does the potential to expand the fitness community.