

6 Week Challenge

purchases valid during November only!

Set a **6 week goal** and challenge yourself to transform your body and create new healthy habits!



WEEK 1	INITIAL FITNESS ASSESMENT + 6 WEEK GYM PROGRAM
WEEK 2	2 x 30 MIN PT SESSIONS
WEEK 3	2 x 30 MIN PT SESSIONS
WEEK 4	2 x 30 MIN PT SESSIONS
WEEK 5	2 x 30 MIN PT SESSIONS
WEEK 6	FINAL FITNESS ASSESMENT + GYM PROGRAM REVIEW

6 Week Challenge includes:

- 10 Sessions with your own Personal Trainer
- Week 1 and Week 6 Fitness Assessments
- 6 Week Gym Program
- Assessment Results
- Healthy Eating Guide
- Goal Setting and Accountability

SIGN UP TODAY!

9150 5288

Non Members*

\$294

Members

\$190

*Includes 6 week Full Gym Access