



**WEEK
CHALLENGE
3.0**

ADDS ON

NUTRITION PLAN - \$99

This is a fully customised plan using a qualified nutritionist we will map out your goals and key objectives and build a nutrition program specific to you to maximise your challenge results.

SEMI-PRIVATE (SP) TRAINING

For those participants who would like to get a little more specific with their goals, there is an option for semi-private training outside class hours. You will follow a personalised training program suited to your own needs and goals which will be overseen by one of our coaches.

WEEKLY MEMBERSHIP + 1 X SP PER WEEK = \$69.95 + GST

WEEKLY MEMBERSHIP + 2 X SP PER WEEK = \$89.95 + GST

GOAL SETTING SESSION - \$49

Sit down with a coach and map out your path to success. When you sit down and build a plan and a strategy to succeed it gives you a sense of purpose and a step by step process. Combine this with our challenge and it's a sure fire way to succeed.