

8 WEEK WINTER CHALLENGE



May 30th - 24th July 2022

- Two Personal Training sessions per week
- Weekly healthy habits and motivation
- Member partnered PT sessions \$25 /person /session
- Member single PT session \$35 per session
- Non member partnered PT sessions \$40 /person /session
- Non member single PT session \$50 /session
- Weigh measure & photos - week 1 and week 8
- Prizes for 1st, 2nd and 3rd