



CQU GYM

R4

6 WEEK

Challenge

INFO GUIDE

WHAT'S *Included*

On Top of your 6 week gym membership, you'll also access ALL OF THIS!

Progress Tracking & Accountability

Track your progress by completing fitness testing, InBody scans, check ins and progress photos. Keep yourself accountable with your accountability tracker, challenge rules and EverFit app.

Meal Plan & App

Get exclusive access to our app and meal plans throughout the duration of your challenge. You are provided everything you need to succeed and create the balanced life you desire. Our qualified nutritionist Shannon will be there to give you the tools needed to fuel your body.

Support Forum & Community

We are here to help you with this journey. Come in and see us, call us, or message us - we are here to help. Unlock our private forum where you can lean on other challengers and knowledgeable staff for questions, advice, inspiration and encouragement.

Educational Approach

Our approach is purely educational. We pride ourselves on ensuring you have the tools to succeed in our challenge but also post-challenge. Our expectation is that no matter where you are in your health journey you will learn something from our challenge.

Exclusive Events & Guest Trainers

Our challenges include weekly exclusive events with CQU Gym staff and special guest trainers. These sessions are designed to challenge you both mentally and physically.

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PAYMENT *Options*

As a community fitness facility,
we focus on the quality and
affordability of our challenges to
ensure everyone can reach their
personal goals.

MEMBER PRICE

UPFRONT PAYMENT

\$239.00

DIRECT DEBIT

\$45.00 p/w

NON-MEM. PRICE

UPFRONT PAYMENT

\$289.00

DIRECT DEBIT

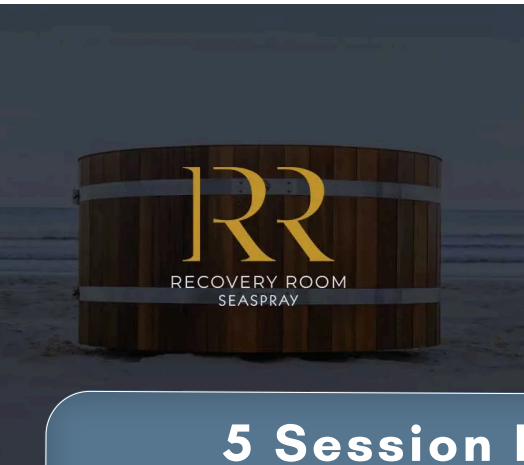
\$55.00 p/w

Staff Deduction available.

***Non-transferrable and non-refundable.**



WIN A PRIZE WORTH OVER \$500!



5 Session Pass
at Recovery Room Sea Spray

donated by



Supplement Pack

donated by



\$300 CQU Gym Dollars



donated by



*We are here to help
you on this journey.*

EXCLUSIVE *Events*

PRE-CHALLENGE

Saturday 27 July: Initial Testing Day & InBody Scan

Tuesday 30 July: Seminar

Monday 5 August: Challenge Starts

EXCLUSIVE EVENTS

Friday 9 August @ 5:15pm

Saturday 17 August @ 6:30am

Saturday 24 August @ 6:30am

Friday 30 August @ 5:30pm

Saturday 7 September @ 6:30am

Thursday 12 September @ 5:30pm

Full scaling options and modifications available

FINAL TESTING

Monday - Friday: Continue training as usual.

Saturday 14 September: Final Testing Day & InBody Scan

Saturday 21 September: Challenge Awards Night

CHALLENGE *Rules*

1

Exercise daily (30 min)



2

Follow your meal plan & track in nutrition app



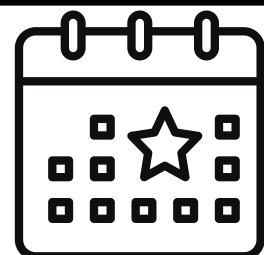
3

Participate in at least 3x group fitness classes each week



4

Participate exclusive challenge events



5

Drink water daily (2-3L)



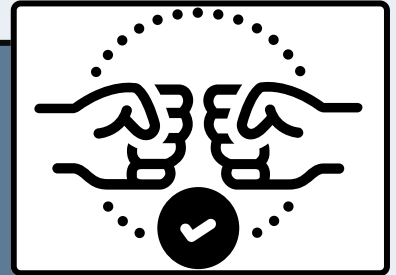
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ELIGIBILITY TO *Win*

1

INVOLVEMENT

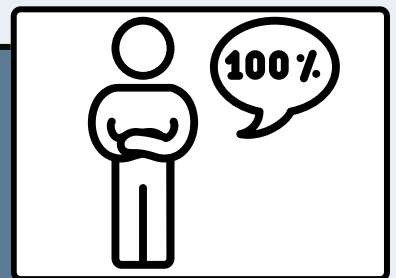
- Class & exclusive event participation.
- Use of the support forum.
- Encouraging other members.



2

COMMITMENT

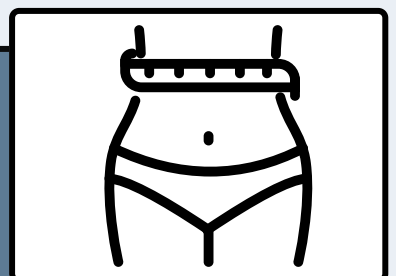
- Track your nutrition in app.
- Following the Challenge Rules.
- Completion of mid-way weigh in & check in.



3

PHYSICAL RESULTS

- Positive body composition changes.
- Improvement in physical testing results.



MEET *the* TEAM



Kira
COORDINATOR & PT



Shannon
NUTRITIONIST & PT



Kayla
TRAINER & PT



Steph
NUTRITIONIST



Kylie
TRAINER



Georgie
TRAINER

MEET *the* TEAM



Hayden
TRAINER



Anika
TRAINER & PT



Ishani
TRAINER & PT



Lachlan
TRAINER



Baleigh
TRAINER

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| We are here to help
you on this journey.

MEET OUR *Guest* TRAINER



Victoria is a Clinical Pilates Instructor and founder of The Pilates Studios at Wellness on William Health Collective. Her passion is to empower people to take control of their health journey through education.

Victoria MacLean



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you on this journey.*

GROUP *Fitness* SCHEDULE



1. Scan the QR code.
2. Create an account.
3. View the class timetable.
4. Book in for a class.

Personal TRAINING

Want to level up your training whilst on the challenge? Why not take advantage of our personal trainers. We offer 1-on-1 personal training and group sessions at a discounted price for challengers.

Your trainer will design all of your sessions to suit you and your goals. They will push you to make sure you are getting the most out of every session. Availability and booking a session is organised with the trainer or at reception.



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