



CQU GYM

R5⁶ 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

Monitor your progress with fitness testing, InBody scans, check-ins, and progress photos. Stay accountable using your accountability tracker, challenge rules, and the EverFit app.

Meal Plan & EverfitApp

Unlock exclusive access to our app and meal plans during your challenge! You'll have everything you need to thrive and achieve the balanced life you desire. Plus, our qualified nutritionist, Shannon, will provide you with the essential tools to fuel your body effectively.

Support Forum & Community

We're here to support you on your journey! Whether you prefer to visit us in person, call, or message, we're ready to help. Plus, gain access to our private forum, where you can connect with fellow challengers and knowledgeable staff for questions, advice, inspiration, and encouragement.

Educational Approach

Our approach is purely educational. We take pride in equipping you with the tools for success not only during the challenge but also afterwards. No matter where you are on your health journey, we expect you to gain valuable information from our challenge.

Exclusive Events & Guest Trainers

Our challenges feature weekly exclusive events with CQU Gym staff and special guest trainers. These sessions are crafted to challenge you both mentally and physically, providing a comprehensive experience to enhance your journey.

CQU GYM

PAYMENT *Options*

As a community fitness facility, we prioritise the quality and affordability of our challenges, ensuring that everyone has the opportunity to achieve their personal goals.

MEMBER PRICE

Upfront Payment

\$260.00

Direct Debit

\$44.00 p/w

NON-MEM. PRICE

Upfront Payment

\$350.00

Direct Debit

\$59.00 p/w

Staff Deduction available.

**Fitness Passport are Members.*

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



OVERALL TRANSFORMATION WINNER WINS A PRIZE WORTH OVER \$500!



donated by

CQU GYM

\$300 CQU Gym Dollars



donated by

 **THE
PILATES
STUDIOS**

**1 Partner Session
at The Pilates Studio**



donated by

CQU GYM

\$150.00 Prezzee Gift Card

It's the one digital eGift card that gives you access to hundreds of different brands. Swap it for one or more retailers, for the ultimate shopping spree!

**CQU
GYM**

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

EXCLUSIVE *Events*

PRE-CHALLENGE

Sat 19 Oct: Initial Testing Day & InBody Scan

Tues 22 Oct: Seminar

Mon 28 Oct: Challenge Starts

EXCLUSIVE EVENTS

Sat 2 Nov at 7:00am

Fri 8 Nov at 5:15pm

Sat 16 Nov at 6:30am

Fri 22 Nov at 5:30pm

Sat 30 Nov at 6:30am

Tues 3 Dec at 5:30pm

Full scaling options and modifications available

FINAL TESTING

Mon - Fri: Continue training as usual.

Sat 7 Dec : Final Testing Day & InBody Scan

Sat 7 Dec: Challenge Awards Night

CHALLENGE *Rules*

1

Exercise daily (30 min)



2

Follow your meal plan & track in the app provided



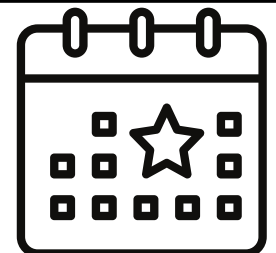
3

Participate in at least 3 group fitness classes or 3 provided training sessions each week



4

Participate in exclusive challenge events



5

Drink water daily (2-3L)



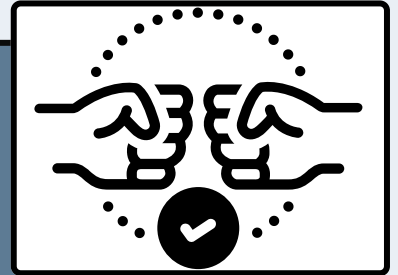
CQU GYM

ELIGIBILITY TO *Win*

1

INVOLVEMENT

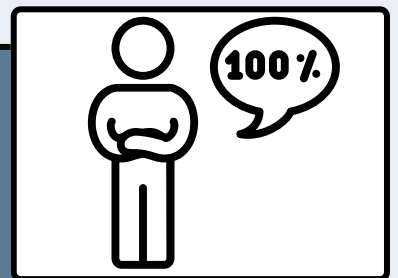
- Use of the support forum.
- Encouraging other members.
- Class or program completion & exclusive event participation.



2

COMMITMENT

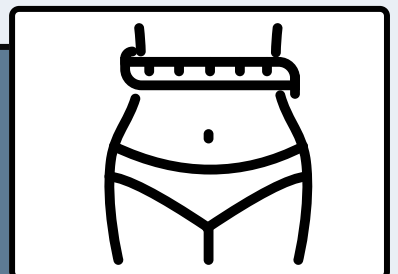
- Track your nutrition in app.
- Following the Challenge Rules.
- Completion of mid-way weigh in & weekly check in.



3

PHYSICAL RESULTS

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



MEET *the* TEAM



Kira
COORDINATOR & PT



Shannon
NUTRITIONIST & PT



Kayla
TRAINER & PT



Kylie
TRAINER



Georgie
TRAINER

CQU
GYM

| We are here to help
you on this journey.

MEET *the* TEAM



Steph
NUTRITIONIST



Lachlan
TRAINER



Ishani
TRAINER & PT



Anika
TRAINER & PT



Baleigh
TRAINER & PT

CQU
GYM

| We are here to help
you on this journey.

MEET OUR *Guest* TRAINER



Victoria MacLean

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



**CQU
GYM**

We are here to help
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

Ready to elevate your training during the challenge? Take advantage of our personal trainers! We offer 1-on-1 personal training and group sessions at a discounted rate for challengers.

Your trainer will tailor each session to meet your specific goals, pushing you to maximise every workout. You can check availability and book a session directly with your trainer or at reception.



CQU GYM

Challenger TESTIMONIAL

"I have lost 17.8kg from completing the challenges and have never felt better. I would recommend them to anyone wanting to make a change to improve their health and fitness."

- Alan Loader

Alan Loader



CQU GYM

Challenger TESTIMONIAL

“I signed up to the CQU Gym challenge because I wanted to strengthen my body and lose some weight but I wasn't sure how. I have dieted before without exercise and exercised without controlling my food intake.

The challenge showed me by eating correctly and with regular exercise, mixed in with fun and team work, anything is possible. I have made it a life choice and I am thankful for the guidance of the CQU Gym team through this challenge.”

- Darren Anderson

Winner of R4: 6 Week Challenge



CQU GYM

R5⁶ WEEK *Challenge*

CQU GYM