



better mind + better body

4-Week Transformation Challenge

Get on top of winter before it gets on top of you.

The Better Mind + Better Body 4-week Transformation Challenge includes:

- Exclusive group training sessions
- Weekly workout challenges
- 4 weeks of dedicated support from our gym staff and personal trainers
- Expert nutrition and musculo-skeletal management throughout
- Huge discount on personal training: 30-min sessions for just \$35
- Bio-scan at the beginning and end of the Challenge
- Measurement and progress shots
- Free box of ANS protein drinks

only
\$125

Information night: Monday 30 May @ 6pm

Challenge starts: Monday 6 June

Sign up at reception now!