

10 Week Challenge!

WORK TOWARDS YOUR GOAL WITH A
GROUP OF LIKE-MINDED PEOPLE!

10 Week Package Includes:

- Body composition measurements – Week 1 and Week 10
 - Before and After Photos
 - Fitness Assessment – Week 1 and Week 10
- Guide on 7 Steps to weight loss and 7 Steps to building muscle
- Unlimited Bootcamps (Tuesday and Thursday – 1800 - 1900)
 - Motivation booklet on stress, sleep & more
 - Nutrition guide with recipes



Total Package is \$30 Per Person – RSVP by Monday, 16 Apr 18

Contact WO1 Nicky Rothwell – (07) 4411 7031