



**Pine
Rivers
PCYC**

HEALTH AND FITNESS CHALLENGE

The PCYC Health and Fitness Challenge is a 12 week program designed to assist participants to develop good habits in health and fitness.

Each participant will be given the following:

- initial Assessment
- 4 one hour group training sessions weekly
- nutritional and exercise advice
- fortnightly weight check and measurements
- regular emails
- completion function with certificates and prizes
- food and exercise diary.

There are a number of reasons why a participant may wish to join the challenge including:

- to improve overall health and fitness
- to develop good eating habits
- to develop motivation
- weight loss
- muscle gain and
- to work in a fun team environment.

How the Challenge works

Participants will sign up beforehand and pay for the course prior to commencement of the course unless other arrangements are made directly with me. The cost of the program is \$260 plus a yearly fee of \$30 for membership at the PCYC facility. If you wish to sign up for 6 weeks of the program you may do so and the cost will be \$130 plus the yearly membership fee at the PCYC facility. At the end of the 6 weeks you can decide to pay a further \$130 and continue with the program or leave the program at that stage.

The basis of the program is for the participant to be available to attend as many of the group sessions as possible. Each participant needs to commit themselves to 4 one hour sessions of exercise per week. If you are unable to attend all four group sessions a week you may make up your one hour sessions with a group fitness class, gym program or other form of exercise approved by me. However you must be able to attend at least two of the group training sessions per week in order to participate in the program.

Group Personal Training

Group Training will be held on the following days and times:

| | |
|-----------|---------|
| Monday | 6am-7am |
| Wednesday | 6am-7am |
| Friday | 6am-7am |
| Saturday | 7am-8am |

Every fortnight the Saturday morning session will be a pool session.

This program is dependent on each participant having the discipline and dedication to complete the entire course. Once the course is paid for there will be no refunds. The only exception to this is if the course does not commence due to a lack of required numbers.

If you wish to join the program please e-mail me at shareeluke@bigpond.com or phone me on 0408 189 059 to book a spot.

Yours in Health & Fitness

Sharee Luke