



INFORMATION PACK



12 week women's body challenge

Do you get bored and lack motivation when going to the gym?

Do you enjoy being in women's only group?

Want more variety to your training?

Enjoy training outdoors?

You want 2014 to be your year?

Well let it be your year!!!

Make that healthy lifestyle change, and start to focus on yourself. Achieve you personal health and fitness goals with US!

Operating in DUNEDIN,NZ



OUR PACKAGES

What's Included??

All packages include the following:

- Preferred number of sessions
- Weigh-ins every 4 weeks throughout the challenge
 - Weight
 - Water %
 - Muscle Mass %
 - BMR- basal metabolic rate
 - Metabolic Age
 - Bone Mass
 - Visceral Fat
 - Girth Measurements
- Observation of Food and Exercise Journal
- Access to our private forum which includes:
 - Clean Recipes
 - Group Discussions
 - Bonus Sessions
 - Excursions



OUR PRICES

Shape up- \$ 25.00

Includes all of above with access to 3 SESSIONS a week

Shape it-\$ 35.00

Includes all of above with access to 4 SESSIONS a week

Shape it EXTREME-

\$ 45.00

Includes all of above with access to Unlimited SESSIONS a week (6 sessions)

New Members will be required to pay a one off fee of \$29.95 which will include a start up package



YOUR TRAINERS

Here at Shape your Future, all our trainers are qualified. We make sure our girl's get the best of the best.

They are there to help you out with any questions and queries you have throughout the challenge.

If you become physically hindered your trainer can adjust the session for you to ensure you still get a great workout, so there is no reason for you not to come!!



OUR SESSIONS

Our sessions are always different, and not one will be exactly the same. We always offer variety to your weekly sessions from circuits, cardio, strength, beach style, Cross-training boxing and much more.....

We offer 3 challenges throughout the 12 week challenge-

- Strength
- Cardio
- Fitness Test

This will give you an indicator to how much you are improving



TIMETABLE

We offer 7 session times and you can choose..

Mon	Tues	Wed	Thur	Fri	Sat
6am		6am		6am	6am/7am
	6pm	6pm	6pm		

We run 4 Morning sessions and 3 Night sessions.

Once added to the forum a timetable will be posted Friday before the commencing week so always check!



Reserve your spot!!

Reserving your spot is easy. Just head to our webpage www.shapeyourfuture.net.nz and click on GET STARTED and follow the prompts, EASY AS!

Once added, you have 1 week to transfer your registration fee which is **NON REFUNDABLE**. If this fee is not paid within one week of being added into the forum, you will be removed from the group. Those continuing on in the program will not be required to pay this fee, just their information.

All information including information night, session guide and planner etc will be posted into the forum from here so please check regularly.



**We look forwarded to
you joining our fit
fam!!**

Contact Dana Smith for more information

Dana Smith
Managing Director
Shape Your Future Fitness LTD
PH 027 940 2022
www.shapeyourfuture.net.nz