



FAQs

Is this challenge only for weight loss?

No! With our point system approach you can enter this competition to gain muscle as well as lose weight and still have an equal chance at winning the challenge.

How will the points be tracked?

The points for the fat % lost and the kgs of muscle gained will be calculated from your body scan. The participation points will be calculated by a spreadsheet that will be located at the reception desk & by your tag check ins at the centre. It will be your responsibility to record any group classes that you attend on the spreadsheet & to use your tag to check in at reception or at the 24hr door when you arrive for a session.

Can I choose my Personal Trainer?

Yes, however you may be allocated a different Personal Trainer if they are unavailable during your preferred training times.

When will the body scans/measurements be done?

The initial body scan/measurements will be done on Monday the 5th of August and the final body scan/measurements will be done on Monday the 28th of October. You can book a time on these days once you have submitted your registration form. If you require a different date please see reception for approval.

What are the weekly challenges?

The weekly challenges are set as the same from weeks 1-6 and 7-12 so you can be awarded points if you improve on your previous result. Each challenge is designed to only take a couple of minutes so you can complete these with your Personal Trainer or with one of the trainers on reception. Examples include how many squats you can do in 1 minute and how long you can hold a plank.

When & where will the group nutrition talk be held?

This will be held at Your Life Fitness Centre at 7:30am on Saturday before the challenge 3rd August at 7:30am.

How many winners will there be and what are the prizes?

There will be both major and minor prizes. All prizes are yet to be determined, however last year we had over 10 prize winners. There will also be Your Life Fitness Centre memberships and Personal Training sessions up for grabs.

Will I receive extra training advice outside of my Personal Training session?

Yes, please speak to your Personal Trainer regarding this.

Will I receive extra nutrition & diet advice outside of the group nutrition talk?

Yes, you can book a one-on-one nutrition consultation with Jessie. The cost is \$85 for an initial consultation & \$60 for a follow up if required. A generic nutrition guide will be provided to every challenger, however if you have specific health or eating concerns, it is recommended that you book a personalised nutrition consultation. Please see Jessie at reception to book.

What will happen if I miss a Personal Training session?

If you need to cancel a PT session and more than 12 hours' notice is given then your session is to be rescheduled within 4 weeks. If 12 hours' notice is not given you will lose that session and it will not be rescheduled. You will also lose 30 points if you don't give 12 hours' notice of a cancelled Personal Training session.

How long are the Personal Training sessions?

PT sessions are 30 minutes and you are encouraged to arrive 10 minutes prior to warm-up with your drink bottle, enclosed shoes and towel.

Do the prices include membership to Your Life Fitness Centre?

No, please see reception to organise a membership if you don't already have one.