

THE ELEVATE CHALLENGE

\$200 members | \$250 Non members



STARTS TUESDAY 17TH FEBRUARY

WHAT'S INCLUDED?

- **2 COACHED SESSIONS PER WEEK**
Tuesdays @ 6:15PM & Thursdays @ 6:15AM
- **PERSONALISED TRAINING PROGRAM**
Tailored to your goals
- **BODY SCANS AT START & END**
Track real progress beyond the scales
- **FITNESS TESTING**
Measure improvements over the 6 weeks
- **ONLINE COACH SUPPORT**
Guidance & check-ins throughout
- **WEEKLY MINI CHALLENGES**
To keep you accountable and consistent
- **PRIZES TO WIN ALONG THE WAY**
Because why not? ;)

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WHAT'S IT REALLY LIKE?



I love the Boot Caps!
I love that woman of different strength, fitness and goals come together and participate as a team, cheering each other every step of the way. I have personally noticed some ladies fitness levels have increased from one bootcamp to another - so amazing to see that.

I love the high spirit of our instructors supporting and pushing us to meet our goals.

I'm really looking forward to starting my next Boot Camp.

WANT MORE INFORMATION?

ASK AT THE FRONT DESK OR

EMAIL ***HAMILTON@TRUEWOMAN.CO.NZ***

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START DATE

TUESDAY 17TH FEBRUARY

ARE YOU READY TO ELEVATE?

Only \$200 for 6 weeks

EMAIL HAMILTON@TRUEWOMAN.CO.NZ

TO REGISTER!

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OUR MISSION

Our mission is simple: to elevate your strength, endurance, confidence, and mindset. Over 6 weeks, we'll focus on building full-body strength, increasing cardiovascular fitness, improving consistency, and creating healthy habits that actually last.

This challenge isn't about perfection or quick fixes — it's about showing up, pushing your limits, and proving to yourself what you're capable of.

The Elevate Challenge is a 6-week reset designed to help you step into a stronger, fitter, and more energised version of yourself.

Elevate your effort. Elevate your energy. Elevate yourself.