

Challenging but Empowering

TRUE Bootcamps

Is This your next-level fitness fix

\$200 members | \$250 Non members

Elevate your strength, confidence, endurance and mindset



Next Round Dates To Be Announced

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? ;)

WHAT'S IT REALLY LIKE?



“I love the Boot Camps! I love how women of different strengths, fitness levels, and goals come together as a team, cheering each other on every step of the way.

I’ve personally noticed how much some of the ladies have improved from one boot camp to the next—it’s so amazing to see their progress.

I also really appreciate the high energy of our instructors, who continually support and push us to reach our goals.

I’m really looking forward to starting my next Boot Camp!”

True Member

WANT MORE INFORMATION?

ASK AT THE FRONT DESK OR

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

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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.