

IGNITE WINTER

8 Week Challenge

Name:

WEEK 1. KICK OFF!

04-10 MAY

- Book & complete your EVOLT Body Scan & Fitness Testing Recording:**
(Mad Minute Testing for 1-minute each exercise)

Push ups  Crunches  Squats 

- Join our Challenge Facebook Page - 'Ignite Winter, Cardinia Life 2026'**

- Attend 2 Gym Workout Sessions this week** (40 points)

- Submit your Week 1. Challenge Page at gym desk**

Set your personal goal for this challenge: 

NOTE - Sign up a Friend or Family Member for a Membership during the challenge period to earn 100 points

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WEEK 2. BUILD MOMENTUM - THRIVE. Consistency starts now!

11-17 MAY

- Attend a Relentless Class this week** (40 points)
- Train 3 consecutive days in the Gym this week** (40 points)
- Attend exclusive gym technique demo class - Sun, 17 May @ 8.15-9am** (20 points)
(Powerlift Technique - squat, deadlift, bench press & free weights intro)
**Class booking required*
- Submit your Week 2. Challenge Page at gym desk**

Scoring system:

20 points = Nominated activity

40 points = BONUS points

100 points = Member referral sign up

Note - attendance history will be verified in our system.

Highest points accumulated = Prize Winner (PT 5-Pack valued at \$195 and a \$50 Rebel Voucher). PLUS hand in your weekly challenge page for the chance to win a weekly raffle prize!

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WEEK 3. STRENGTH WEEK

18-24 MAY

- Follow Strength EGYM Program (or the printed program available in gym) (0 points)
- Try to hit a Strength PB this week! (0 points)
- Attend any LIVE or Virtual Group Fitness class this week (20 points)
- Attend our exclusive Boxing Class - Sat, 23 May @ 8.15am (40 points)**
**Class booking required*
- Submit your Week 3. Challenge Page at gym desk

List any wins you've had this week:

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WEEK 4. CARDIO WEEK - Accumulate 60-120mins of Cardio.

25-31 MAY

- Row 2kms in the gym** (0 points)
- Ride 10kms in the gym** (0 points)
- Walk/Run 20mins without stopping** (0 points)
- Attend a LIVE or Virtual RPM Class this week** (40 points)
- Submit your Week 4. Challenge Page at gym desk**

Small steps each day lead to big results - keep showing up!

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WEEK 5. HALFWAY CHECK-IN

01-07 JUN

- Book-In a chat with a PT & retest 1 key metric this week (20 points)
- Try a new EGYM Program (ask a trainer for this at your PT appt.) (0 points)
- Attend a LIVE Body Pump class - Thu, 4 Jun @ 6.30pm (40 points)
- Submit your Week 5. Challenge Page at gym desk
- Lookout for the mid-way Leaderboard Update!

Consistency is your superpower - don't break the streak.

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WEEK 6. CORE AND MOBILITY.

08-14 JUN

- Attend a Relentless Class this week** (20 points)
- Attend our Stretch and Release Class - Thu, 11 Jun @ 9.45am** (20 points)
- Follow Core EGYM Program** (0 points)
- Submit your Week 6. Challenge Page at gym desk**

Progress over perfection - every effort counts.

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WEEK 7. HIGH INTENSITY WEEK.

15-21 JUN

- Complete 2 x High Intensity EGYM programs (printed programs available in gym) (0 points)**
- Attend LIVE Body Step Class - Tue, 16 Jun @ 6.30pm (40 points)**
- Attend LIVE HIIT Circuit Challenge Class - Sat, 20 Jun @ 8.30am (40 points)**
**Class booking required*
- Submit your Week 7. Challenge Page at gym desk**

Finish strong - you've come too far to stop now!

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WEEK 8. FINAL RUN HOME! & RE-TESTING.

22-28 JUN

- Repeat Wk 1 Mad Min. Testing & Body Scan - Book an Appointment! (0 points)
- Friend or Family Membership Sign Up during challenge period! (100 points)
- Submit your FINAL Week 8. Challenge Page at gym desk (0 points)
- Celebrate your success!

TOTAL POINTS TABULATION:

**Congratulations! You showed up, stayed consistent and made it happen.
Be proud of how far you've come with a fitter, stronger more confident YOU!**

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CHALLENGE PRIZES:

First prize: Most improved Body Scan Results (male & female categories) - Each WINS a 6-month Health & Wellness Membership

Second prize: Highest Points Accumulated by completing the challenge weekly activity booklet - WINS a PT 5-Pack (valued at \$195) plus \$50 Rebel Gift Voucher

PLUS Weekly Raffle Winners (randomly selected)

*To be eligible for the first prize award, full fitness testing & before/after body scans required
Winners announced the week following the challenge end date of 28 June 26.

FOR CHALLENGE QUERIES:

Email: john.lemiere@alignedleisure.com.au