



# 4PFiT CHALLENGE



## What sort of challenge is it?

We have developed a challenge that runs every month. It is a base challenge that we can “change up” each month to keep things interesting for you. How we will do this is by adding and facilitating new and exciting training styles, group fitness and peer training opportunities (eg. hikes, bike rides, outdoor excursions), fitness competitions etc.

You will always be able to rely on the same base tests, measures and Personal Trainer support for your fitness journey, but in addition to this we have enabled the flexibility to adapt each participants challenge experience based on your individual needs, goals, fitness level and physical abilities.

## GREAT! So when does the 4PFiT Challenge start?

**On the first Monday of EVERY MONTH** there is a challenge intake.

Depending on when you are reading this, you will need to join the coming months intake as our challenges have a set days for a reason. They will end on the **last Saturday** of that month.

## Why?

We need to be able to test and measure bulk groups of people at the end of one challenge and the beginning of the next and we conduct the majority of these appointments over the course of the weekend.

## How much does it cost and what do I get for it?

For the cost of **\$90** you will receive the following:

- 1 Health Screening appointment with a Certified Personal Trainer
- Comprehensive Fitness Testing
- 2 Body Composition Scans with CRBodyScans at the start and finish
- 1 Home or Gym based Exercise Program

## What is NOT covered by the challenge cost?

A gym membership and group fitness classes are separate additional services that require payment depended on your preferences.

### Do I need a gym membership?

Only if you wish to make exercising and resistance training in the gym, a part of your journey. For example, if your main focus is purely strength training you will need to consider whether you have adequate weights and equipment at home to work with. We will discuss and guide each individual to make their training decisions based on individual needs.

Visit this link for membership options: <https://www.fourpeakfitness.co.nz/fees>

### How much does a group fitness class cost?

Visit this link: <https://www.fourpeakfitness.co.nz/group-fitness>

### Will I have professional support?

Absolutely! Certified Personal Trainers – Courtney Bates and Rachel Scott will be there with you on your journey. We will set you up in the safe and correct way for your exercise and nutrition and lead you on the journey to a healthier, fitter you!

## ARE YOU READY TO GET STARTED?!

Go to [www.fourpeakfitness.co.nz](http://www.fourpeakfitness.co.nz)

Follow the 4PFit Challenge link at the bottom of the homepage

Click on “JOIN THE CHALLENGE”

Follow the prompts.

Easy Peasy!