



**6 WEEK
TRANSFORMATION
CHALLENGE**

21ST JUNE - 31ST JULY

**UNLIMITED GYM & CLASSES
NUTRITIONAL GUIDANCE**

www.mintptstudio.com.au

What is the Transformation Challenge??

Our 6-week Transformation Challenge is your first step to a healthier lifestyle. Whether you're trying to lose weight, gain more muscle or improve your diet this Challenge is for you!

We focus on the simple steps you can take to make longterm changes to your health and fitness.

Whats included?

Unlimited access to our Gym Facilities and Group Classes. You'll receive a Nutrition Guidance Booklet filled with healthy recipes to add into your diet. There are also a heap of resources to help you stay on track with your Mindset, Training and Nutrition!

How long does it go for?

The Challenge runs for 6 weeks.

Starting Monday 21st June until Saturday 31st July.

But the habits you create throughout this time will last a lifetime

Do I need to be fit to take part?

Absolutely NOT!

Our Group Classes are designed small to ensure a personalised experience. All fitness levels are catered too, with modifications at every station. You can start slow and build your fitness, strength and stamina overtime. Our team of trainers are there to assist you with correct technique and will ensure you are completing the exercises correctly and safely. They are also there to push you a bit harder, when you're ready!

How often should I train?

This Challenge isn't a quick fix. We are here to ensure the changes you make during the 6 weeks are maintained longterm. Some members will be training every day, while others will only train a few times per week. This will vary depending on your lifestyle and what works best for you!

You will have unlimited access to our Gym & Group Classes. The Gym is open from 5am - 10pm every day and there are Group Classes 6 days per week, both in the morning & afternoon.

We suggest you aim to train 3-4 sessions per week to really start to see the physical changes within the 6 week period.



GROUP CLASSES



MONDAY: Cardio Killer

5.55am 6.45am 9.30am
5.10pm 6.00pm

TUESDAY: Muscle Maker

5.55am 6.45am 9.30am
5.10pm 6.00pm

WEDNESDAY: Humpday HIIT

5.55am 6.45am 9.30am
5.10pm 6.00pm

THURSDAY: Strength & Power

5.55am 6.45am 9.30am
5.10pm 6.00pm

FRIDAY: Fast & Furious

5.55am 6.45am 9.30am
5.10pm

SATURDAY: Saturday Special

8.00am

All classes can be booked through the GymMaster app

What foods will I be eating?

We don't follow a restrictive meal plan!

You won't be counting calories, feeling guilty about having that slice of cake, or only eating spinach!

You will receive a healthy recipe guide filled with Breakfast, Lunch, Dinner and Snack options to add into your diet.

Our Nutrition Guidance is about making small changes that incorporate healthier meals; more vegetables, increase protein and limit sugar & salt gradually that allows you to maintain a healthier diet longterm.

Making the small changes can make the biggest difference

How can I achieve my goals?

We encourage everyone to set themselves a goal at the beginning of the challenge. These will be completely individual and there are no right or wrong goals to set.

Some suggestions are:

- Complete 4 classes each week
- Drink more water & NO soft drinks
- Add more vegetables in my diet
- Lose 5 kg
- Feel better mentally and physically

We have plenty of resources that will help keep you on track throughout the challenge with your Mindset, Nutrition and Training. We have a Members Only Facebook Group where everyone is encouraged to share recipes, celebrate their wins and support each other during the challenge.

Our team of trainers are there every step of the way to help set your goals and help you achieve them!

How will you monitor my progress?

At the beginning & end of the challenge we will take a body scan. This will assess so much more than your weight. We look at muscle percentage, hydration levels and so much more!

We also recommend you take photos. You can share these if you wish, or can keep these private. But they are a great way to see the physical changes to your size and muscle.

We also complete a series of fitness challenges throughout the 6 weeks to measure the progress you make to your fitness levels.

How much does it cost?

The Challenge is \$450

Current MINT Gym & Classes Members are eligible to participate for no extra cost.

How do I win & what are the prizes ?

All participants will make the first step towards a healthier lifestyle but we have some incredible prizes up for grabs.

The winners will be decided by the MINT Team based upon a heap of different factors including physical changes, increased fitness levels, improved nutrition, demonstrated commitment to the challenge and achievement of personal goals.

There are plenty of weekly spot prizes throughout the Challenge.

The overall winners will receive:

1st Place WINNER - \$1000

2nd Place RUNNER UP - \$500

3rd Place - \$250

How can I find out more information ?

If you would like more information, have any other questions or would like to join the challenge please contact our team.

Phone: 0400903733

Email: joel@mintptstudio.com.au

Follow us & send us a message on Social Media

Facebook & Instagram

MINT BY JOEL CORNELISSEN

Challenge Information Night

We are hoping to hold a Challenge information night prior to the beginning of the Challenge. This will be depending on current Covid-19 restrictions in place.

Keep an eye on our Social Media for more information.