CQUNI COMMUNITY SPORTS CENTRE

8-Week challenge

Lets create the best version of you!

- Trainerize App
- 1:1 Support
- Nutrition Guidance
- 30+ Classes per week

cqu.edu.au/sportscentre
Here at CQUni Gym we are motivated to provide the best 8-Week Transformation Challenge. We recognise that everyone requires specific attention to both training and nutrition. Our tailored programs, nutritional advice and wealth of support will assist you to achieve maximum results in only 8 weeks.

There is no ‘quick fix’ to fat loss or muscle gain. We strive to educate each of our clients about a balanced lifestyle and creating a positive body image. Our 8 Week Transformation challenge gives you a structured routine with assigned goals and challenges, whilst building you into a clean-eating, strong, fit CQUni Gym community member.

Our challenge is complete with 1-on-1 support, attention, motivation, encouragement, and abundance of education. Throughout this challenge you will not only transform your body but also your mindset and your relationship with food and fitness.

No membership or experience is required to complete our challenge and all fitness levels are encouraged to participate in our 8-week transformation challenge.
MEET OUR TEAM

Kira
Exercise & Sports Science
Cert III & IV in Fitness
Pre & Post Natal

Baleigh
Exercise & Sports Science
Master Trainer Level 1
Cert III & IV in Fitness

Shannon
Diploma of Nutrition
Cert III in Fitness
Pre & Post Natal

We are here to help you on this journey.
We are here to help you on this journey.

**Georgie**
Cert III in Fitness
Calisthenics & Handstands
Pre & Post Natal

**Steph**
Cert III & IV in Fitness
2nd Year Physiotherapy student

**Hayden**
Cert III in Fitness
Year 12 High School Student
WHAT'S INCLUDED

- Trainerize App
- Seminars
- Nutrition Plans
- Evaluations
- Check ins
- Support
- Outdoor Activities
- Technique Training

AND MORE!!
**Weekly Evaluations**

Weekly evaluations will be available to book every Saturday 8:30am, this is how we will keep on top of your physical and mental changes throughout the challenge. Weekly evaluations are non-compulsory, and challengers have the choice of booking if they require the additional support.

During this time, you will meet 1-on-1 with your trainer to discuss the previous week and troubleshoot any challenges you have faced. Together with your trainer, you will be encouraged to set personal goals for the 8-Week challenge. Each week your trainer will review your goals and provide plenty of support, reassurance, and tips on how to get the most out of your 8-Week Program.

**Check-ins**

Check-ins will be conducted prior to the challenge, week 4 and after the challenge has finished. All check-ins will be completed on a Saturday, which your trainer will measure and record your weight and body measurements. Fitness testing will be performed on both the first and final check-ins.
In addition to your evaluations and check-ins we will also take photos prior to the challenge, halfway and once the challenge has finished. Photos are the best way to track visible changes to your body throughout the challenge.

Photos allow you to see the little changes that you may not have noticed whilst looking in the mirror each day.

Client photos will be taken facing the front, laterally and to the back. This is so you are able to see all the changes in your body from each angle. All photos are kept confidential and are not shared anywhere without explicit written permission.

**Mark**
-5.7kg weight
-2.6% body fat

**Jennita**
-7.7kg weight
-3% body fat
When completing our 8-Week challenge, you will receive two InBody analysis scans.

In body scales use Bioelectrical Impedance Analysis, this method quantifies body composition by introducing an electrical current through the body.

InBody use this method to measure body composition, which divides your weight into different components, such as water, lean body mass and fat mass, to better understand how changes in diet, lifestyle and training regime influence your overall body composition.

Our partners ASN Rockhampton are helping us to provide InBody scales in our 8-Week Challenge.
Along with tracking your physical changes it is important to additionally track your fitness improvements too. We want you to see how much you have improved within the 8-week challenge, so we have designed a recorded fitness test that you will complete at the start and the end of the challenge.

There is no better feeling than smashing out the fitness test at the end of the challenge and seeing how much you have improved in this short time; it makes all the hard work and discipline worth it.
Our 8-week challenge is designed to set you up for success, we not only want to help you with your nutritional goals but we want to provide you with the education needed for success. We will provide you with the education needed so you can fuel your body and so you can continue this journey even after the challenge finishes.

At the beginning of the challenge you will be provided with a nutrition handbook which outlines the education needed to improve your nutrition.

Nutrition is a key component of your fitness journey and it is important to understand what foods we should be consuming and foods you should minimize. We will provide you with calories needed to be consumed in order to achieve your goals in the challenge. You will be provided with a meal plan to follow based off your BMR and goals.

Shannon will be available to assist you with all dietary needs throughout the challenge.

Shannon Clark
Diploma of Nutrition
Our seminars are designed to help set you up for success! The first seminar will educate you on the fundamentals of exercises including things such as commonly used terminology, how to create smart goals and stretching.

Our nutrition seminar will educate you on the education needed to eat healthy whilst still enjoy life. Our nutrition seminar will provide you with the essentials needed to understand nutrition and made healthy choices.

We design our seminars to be interactive and encourage discussion, questions and open minded thinking. It is important that as we step into uncomfortable discussions you remain open-minded and express any questions or thoughts you may have on certain topics.
At the start of the challenge you will be excited and motivation levels will be at an all time high. But generally somewhere along the halfway mark it is not uncommon to see motivation levels decrease.

This where the seminar comes in and will give you the push needed to smash the last four weeks of the challenge. During this seminar we will have special quests from previous challenges to come in and share their stories. They will share how their fitness journey began and how CQUni Gym has helped them throughout this journey.

We hope that this seminar will remind you of your why, and get you hungry to achieve your goals in the last four weeks of the challenge.
Michael Donehue

ADES National Service Manager
Michael discusses his own journey with Mental Illness, how to move forward and your achieve goals.

Caitlin Buttenshaw

Caitlin Jane Naturopath
Caitlin loves provide education on stress, sleep, women's health, gut health & more. She is providing you with three educational seminars over the course of our challenge.

Steph O'Brien

Student Physiotherapist
Steph is a 2nd Year Physiotherapy student who will provide education on injuries, injury prevention and the purpose of a physiotherapist.
Hayden Busk
Former instructor here at the gym, he has since found a new career path. Hayden is coming back for one day to give you a fun, challenging & exciting workout here at the gym.

Sarah Mauger
CF-L2 Trainer
Sarah has been a personal trainer and CrossFit coach in Rockhampton community for 14 years. Her passion is to educate and motivate people to make health and fitness a priority.
Here at CQU Gym we offer over 30 classes per week which range from strength training to high intensity interval training.

As apart of our class timetable, we offer a Beginner Strength classes twice per week. This class will teach you the foundations of movement and our qualified trainers will assist you to complete the correct form and techniques for each exercise commonly completed in our regular strength classes. It is encouraged for those who haven’t participated in our classes before to attend our Beginner Strength sessions so you can make the most of our regular classes.

In addition to the classes you are encouraged to come within our opening hours to complete your program or your own workout.
Each Saturday throughout the challenge we will run one challenge only session. This is where you can see all the challengers, motivate each other and just mingle.

Our challenge classes will consist of Bootcamps, special guest trainer sessions and off campus activities.
Trainerize is an app we have exclusive use of to ensure the most streamline service for our 8-week challenge clients. This app helps us to track your progress both with your nutrition and fitness programs. We can also track your daily habits such as sleep, water intake, and more!

We understand that life can interrupt our routines and mess up our plans, which is why we have used this app. It gives you access to delicious meals designed by our nutritionist Shannon that fit your macros and leaves more time for you to focus on other things.

All programs will be uploaded into the app where you can track your weights, reps and sets completed each day.

Your body measurements, photos and more can all be uploaded onto your profile for your own viewing. You will also be able to share your progress with the other challengers in the Forum.

This app gives you the opportunity to chat with us, organise catch-ups with us and get reminders for tasks such as seminars and habit tracking.
Upon signing up to our challenge you will be given access to our private challenge only forum. This forum will help you to connect to other challengers, a place where you can share your training tips, meal ideas and where you can get a little extra support throughout the challenge.

By our staff being highly involved in the forum, we will endeavor to create a friendly, supportive and educational online platform that you can continue to utilise after the challenge has finished. Our staff will post helpful tips and tricks to assist you with your health and fitness journey.

We understand that this can be an overwhelming time for some, but we will ensure you have support throughout each step of your journey!

When we say we are here for you, we truly mean it!

We strongly encourage you to come in and have a chat with us whenever you are unsure about something, feeling overwhelmed, confused or even just need someone to listen. We can and will be here for you anytime!

Our staff are readily available for scheduled catch-up chats where no topic is off limits. We want to help you and encourage you to come and chat with us when you need to.
If you want to level up your training whilst in the challenge, why not take advantage of our personal trainers? We offer 1-on-1 personal training sessions starting at $35 per half hour.

You are welcome to bring a friend to take part in a 2-on-1 session to split the cost and double the motivation.

Our personal trainers will custom design your sessions to suit your goals and ensure that you are being pushed to get the most out of every session you complete.
We love to mix things up from time to time to keep you interested and motivated.

We will be hosting four off campus activities throughout the challenge. All activities will be something a little different each time.

Each session our trainers will be there to put you through your paces and keep it exciting for you.

We have added some hints on this page to keep you guessing.
We understand that challenges can be quite expensive.

As a community fitness facility we focus on the affordability of our challenges to ensure all can participate. We make sure that our challenge is of the best quality and our service is unlike any other.

To secure your spot, all we require is a $100.00 deposit which is deducted off the total cost price. This deposit is non-refundable, non-exchangeable and non-transferable.

**UPFRONT PRICE**

Members Price: **$299.00**

Non-Members Price: **$399.00**

**DIRECT DEBIT**

Members Price: First Payment of $100 and 8 payments of $30.00.  
(Total amount payable $340.00)

Non-Members Price: First Payment of $100 and 8 payments of $42.50.  
(Total amount payable $440.00)

Terms & Conditions Apply
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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>Saturday, 21/01</td>
<td>7am - 12noon</td>
<td>Initial Fitness Testing Meet &amp; Greet</td>
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<tr>
<td>Monday, 30/01</td>
<td>5am onwards</td>
<td>Challenge Commences</td>
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<tr>
<td>Monday, 30/01</td>
<td>5pm - 5:30pm</td>
<td>Nutrition Seminar Shannon Clark</td>
</tr>
<tr>
<td>Saturday, 04/02</td>
<td>7am - 8am</td>
<td>Workout with Sarah Location: Gym</td>
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<tr>
<td>Wednesday, 08/02</td>
<td>7pm - 7:30pm</td>
<td>Motivation Seminar Michael Donehue</td>
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<tr>
<td>Saturday, 11/02</td>
<td>7am - 7:45am</td>
<td>Workout with Hayden Location: Gym</td>
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<tr>
<td>Monday, 13/02</td>
<td>7pm - 7:30pm</td>
<td>Gut Health Seminar Caitlin Buttenshaw</td>
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<td>Saturday, 18/02</td>
<td>7am - 9am</td>
<td>Bootcamp &amp; Stress Seminar Location: Lammermoor Beach</td>
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<td>Monday, 20/02</td>
<td>7pm - 7:30pm</td>
<td>Motivation Seminar 2.0 Location: Zoom</td>
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<td>Saturday, 25/02</td>
<td>7am - 7:45am</td>
<td>Condition Location: Gym</td>
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<tr>
<td>Wednesday, 01/03</td>
<td>7pm - 7:30pm</td>
<td>Women's Health Seminar Caitlin Buttenshaw</td>
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<tr>
<td>Saturday, 04/03</td>
<td>6:30am Start</td>
<td>Kemp Hill &amp; Coffee Location: Kemp Hill, Yeppoon</td>
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<tr>
<td>Wednesday, 08/03</td>
<td>7pm - 7:30pm</td>
<td>Injury Prevention Seminar Steph O'Brien</td>
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<tr>
<td>Saturday, 11/03</td>
<td>7am - 7:45am</td>
<td>Bootcamp Location: Gym</td>
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<tr>
<td>Wednesday, 15/03</td>
<td>7pm - 7:30pm</td>
<td>Where to next Seminar CQU Team</td>
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<tr>
<td>Saturday, 18/03</td>
<td>7am - 7:45am</td>
<td>Condition &amp; Coffee Location: Gym</td>
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<td>Friday, 24/03</td>
<td>COB</td>
<td>Challenge Finishes</td>
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<tr>
<td>Saturday, 25/03</td>
<td>7am - 12noon</td>
<td>Final Fitness Testing</td>
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Once the challenge has ended it can be easy to fall back into old habits. Continuing your journey with us will help you to keep your routines and keep you on track to achieving goals. We offer you a discounted membership post-challenge to encourage the continuing of your fitness journey.
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