LARA
HEALTH AND FITNESS CENTRE

8 Week Winter Transformation Challenge

Don't hibernate this Winter… TRANSFORM instead!

Build strength, improve fitness, stay accountable, learn to balance training and recovery to go into Spring feeling Stronger, Fitter and Healthier than ever.

Whether you're just getting started or looking to take your training to the next level, our 8 Week Winter Transformation Challenge is designed to help you stay motivated and achieve real results through the colder months. This program is jam packed with VALUE that you do not want to miss!

Dates: Monday 06/07/26 to Sunday 30/08/26

What makes this Challenge different? - This isn't a weight-loss competition. Read below for more

Our focus is on helping you build healthier sustainable habits in your training, nutrition and recovery. You will improve on your fitness, increase lean muscle and achieve your personal goals.

Whether your goal is to lose body fat, be fitter, gain confidence in your body and in the gym or simply build consistency with your health we will help you with easy to follow steps for real results.

Choose your Challenge:

Option 1- Challenge Accepted

Perfect for anyone wanting motivation, accountability and unlimited access to our group classes as well as heaps of challenger benefits and your chance to win our overall placings.

Includes:

Unlimited Group Classes for 8 Weeks – 32 Class options Weekly, 7 Days a week of classes.

Pre and Post Body Composition Scans / Weekly Challenge Activities / Accountability and Support Emails / Prizes available – Overall placings, Challenger of the week and exclusive sponsor specials / Nutrition and Recovery Support with access to Coaching check-ins throughout the Challenge.

NEW BONUS Challenger's Bootcamp Session (EXCLUSIVE TO CHALLENGERS ONLY see below info**)

Cost: $42.50/wk (can be paid upfront-Early Bird Offer available Save $10 if you register by Sat 27/06)

Option 2- Challenge Plus

Everything in Option 1- Challenge Accepted PLUS:

Full Access to Strength Gym 24/7 – Progressive 8 Week Strength Program

This option will focus in on building muscle and increasing strength, learn how to train in our strength gym with confidence and a structured training program to follow. Track your progress and see your gains through-out the whole challenge.

Cost: $55/wk (can be paid upfront-Early Bird Offer available Save $10 if you register by Sat 27/06)

BONUS Challenger's Bootcamp Sessions (Exclusive to Challengers only) – **Sundays 10-10:45am**

**These are additional Team based training sessions offered through-out the 8 Week program to add an extra challenge element with some outdoor and indoor based workouts. We will be using some very fun out of the ordinary equipment. Sessions included for all challengers at no extra cost.

Contact: Dave- 0421 225 790 / david@larahealthandfitnesscentre.com.au **Official Challenge Partners:** Fatigue Lounge Lara – Millars Café Lara – Farm2U

VALUE PACKED EXTRAS From our Official Challenge Partners:

Introducing our Official 2026 Winter Transformation Challenge sponsors.

Thank you to these local Lara businesses who have come on board to bring our challengers the best value packed prize packs and in challenge Bonuses!

Our Major Sponsor for this 8 Weeks is Fatigue Lounge Lara who have offered prizes for Challenger or the Week, Overall place winners as well as two special group events being a recovery seminar here at the gym on Weds the 8th of June and also a group recovery centre session for 1 hour at a greatly discounted cost on Saturday the 18th of July, where we will attend as a group from LHFC. Be sure to book in for this early as spots are limited.

Next is Millars Lara and Farm2U two amazing local companies who have offered vouchers to go into our prize packs also.

We will also be looking to hold our end of Challenge break up/presentation night for a Woodfire Pizza night date and time TBC at Millars Café in Lara.

Our Challenge Prizes up for grabs are:

Weekly **Challenger of the Week** – 1x Millars Voucher and 1x Fatigue Lounge Discount Voucher

1st Place overall – 1x Fatigue Lounge Voucher, 1x Millars Voucher, 1x Farm2U Voucher

2nd Place – 1 x Fatigue Lounge Voucher, 1x Farm2U Voucher

3rd Place – 1xFatigue Lounge Voucher, 1x Farm2U Voucher

Early Bird Special $10 off register by Sat 27/06/26 (Total upfront fee Option 1 $340, Option 2 $440)

Scans: Pre-Scan Sunday 5th of July from 7:30am Post-Scan Sunday the 30th of August from 7:30am

Registrations Close: Friday 03/07/26 Contact Dave via email or FB/Txt Msg to register your spot

Challenge Scoring Information:

Participants earn points throughout the 8 Week Challenge accumulating to a final total score.

At the end of the challenge the participants with the highest total points accumulated will take home the major prizes.

Points are earned through attendance, Challenge activities, Body Composition Health improvements, Personal Goals.

All challenges and point opportunities are available for all challengers to accumulate and will be clearly outlined and communicated to all Challengers through-out the Challenge (email).

For a full break down on points allocation refer to our Points Allocation sheet, which will be emailed to you in our Challenge Welcome pack with more details.

Our scoring/points system is used to guide you to perform the daily actions and weekly tasks that help you set up long term sustainable habits to see ongoing results well into the future once this program finishes.