



2018 AUTUMN CHALLENGE!

27 APRIL TO 9 JUNE 2018



CHALLENGE BRIEF

- All challengers will be put into teams (members may create their own teams prior to enrolment)
- Throughout the six weeks, there will be a points system to continually track your teams progress. See table below for points structure.
- Participating in different elements of the challenge will score you points and the final tally will determine the winners
- Each team will be assigned a coach and team leader. Team coaches are:
 - Luke Champion
 - Anna Ferrari
 - Danielle Kennedy
 - Charlie Cozens
- Weekly fitness challenges will be set to score more points and test your fitness levels

POINTS STRUCTURE

Complete weekly challenge Must be completed in front of a trainer at the end of class or filmed and uploaded to the FB page.	3 points
Upload (weekly) healthy recipe on FB group	3 points
Upload a picture of your team or a challenge moment on your Instagram. Must use challenge hashtag in caption (#PEChallenge) and tag @pedept for it to be valid (max 1 pic per week)	5 points
Attend measurements, testing and outdoor sessions	5 points each
Bringing in a non-member for the duration of the challenge	15 points





2018 AUTUMN CHALLENGE!

WHAT'S INCLUDED IN THE PACKAGE?

- Challenge Muscle-T
- Measurements and personalised weekly planning
- A ticket to the after party
- Fitness testing
- Stacks of prizes throughout the 6 weeks
- A goodie bag filled with lots of discounts and treats
- MY ZONE Belt (valued \$199)

INTRODUCING MYZONE

For the Challenge, we are introducing MYZONE. We are launching MYZONE's new MZ-3 heart rate monitor — a Bluetooth enabled, heart-rate and calorie-based effort tracking device. The MZ-3 provides you with immediate, motivating feedback on all your physical activity by displaying your exercise progress in real time on our in-studio TV and exercise history via the MYZONE app.

With MYZONE's new MZ-3 heart rate belt you can:

1. Set personal goals each month to stay challenged.
2. Compete with friends on a monthly leader board to keep exercise fun.
3. View your workouts in MYZONE's social network via the app.



AUTUMN CHALLENGE AGENDA

DATE	EVENT
Friday April 27	Fitness Test and Team announcement Studio 1, between 6-7.30am
Saturday April 28	Measurements Day Office, between 7-10am
Monday April 30	Day 1 of Challenge! First weekly challenge released.
Monday May 7, 14, 21, 28	Weekly challenge release
Saturday May 12	Outdoor Sesh #1 Rushcutters Bay Park, 8am
Saturday May 26	Outdoor Sesh #2 Adventure Sesh – Details TBC
Friday June 8	Final Testing Studio 1, between 6-7.30am Final Measurements Office, between 6-8am
Saturday June 9	Final Sesh Studio 1, 8/9am Final Measurements Office, between 7-10am
Saturday June 9	FINAL PARTAYYY

