

What are the benefits?

- Lose weight and body fat
- Education on healthy eating habits
- Build physical strength and confidence
- Get results that last
- Support from other likeminded people also starting their health and fitness journey

How do I get started?

See our friendly Customer Service staff to fill out the appropriate paperwork and sign up for the six weeks.

When, where, how long?

Venue: Aquamoves

Days: Mondays and Wednesdays

Time: 6.00pm to 7.00pm both days

Duration: Six weeks

Program Cost:

½ price for you and a friend when you join together!*

A Full Centre Aquamoves Membership (for non-members) is included in the price.

*Aquamoves Members and their friends pay \$55 each. Non-members and their friends pay \$95 each.

Full price:

Aquamoves Members – \$110. Non-members – \$190.

What is a typical class?

The program will have three dedicated nutrition seminars - in week one, three and six. During these sessions you will be able to ask the nutrition coach any questions you may have. All other sessions will be exercise based and coordinated by a qualified fitness trainer. At the end of each session you will be given a workout that you can use in the Aquamoves Gym in your own time.

Who will lead the sessions?

The Extreme Measures Team Coach will take all sessions and has their Personal Training and Precision Nutrition Level One qualifications.

Do I need to attend every session?

You will need to pay for all the sessions regardless of your attendance, however you can continue to do Extreme Measures if you miss a scheduled session.

What do I wear?

Participants must bring a towel, drink bottle, workout clothes and sensible footwear to each session.

How many people in the program?

The program will take up to 18 people to ensure all participants receive the attention they need to achieve results!

Do I need a medical clearance before participating?

There will be a pre-screening questionnaire conducted when signing up. If any health issues are identified during this process, you may be required to obtain a medical clearance before participating.

www.aquamoves.com.au



Aquamoves is proudly provided by Greater Shepparton City Council



AQUAMOVES

Extreme Measures

Starting
Monday 15
July



½ PRICE

FOR YOU AND A FRIEND WHEN
YOU JOIN TOGETHER!*



Extreme Measures is a fully supported *"first steps"* program with a focus on getting back to basics. The program will provide you with the tools you need to achieve weight loss, enjoy a healthier lifestyle and make sustainable changes.

Sessions will teach you how to move your body with a focus on increasing strength, improving cardio fitness, developing good training habits and incorporating positive nutritional choices.

This is *not a hard core Boot Camp* style training program. Extreme Measures offers a supportive, nurturing, closed group environment that will help you accomplish healthy weight management through regular exercise and sensible eating. You'll also enjoy improved fitness, increased self-esteem and develop new healthy lifestyle habits.

The secret to the program's success is its focus on:

- Understanding the fundamentals of healthy eating and exercise
- Goal setting
- Implementing regular exercise through a plan tailored to your needs
- Ongoing support from a qualified Nutrition Coach and Personal Trainer over six weeks

It doesn't matter whether you've never been to a gym before or if you've only got a small amount of weight to lose, Extreme Measures can get you real results!

What is involved?

The fitness sessions have been designed to help you establish confidence, get moving and stay motivated! The format accommodates individuals from varying fitness backgrounds and provides a "plan of attack" for exercise.

The Nutrition Coaching component offers a body transformation program. With support from an expert coach, you'll be guided through important, yet sustainable changes in your eating and lifestyle habits.

The Extreme Measures program has been designed to teach healthy and doable daily habits that can be incorporated into a busy lifestyle. It will help you bring health and fitness into your life in a way that works for you and your body and is designed to work on your absolute worst days, not just your best!

A health assessment is included at the beginning of the program and then again at its conclusion.

This will give you an accurate measurement of your results and help to boost your motivation.