

Frequently asked questions

What is the Seven Week Challenge about?

The Seven Week Challenge is not a fad. The program has been designed to equip you with the essential tools needed to maintain healthy lifestyle choices.

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 the challenge if you miss a scheduled session.

Are the weekly sessions (including those with personal trainers) group or individual?

All sessions will be conducted with a group, however as part of your Full Centre Aquamoves membership you will receive a Fitness Assessment which will provide you with an individualised program and guidance.

If sessions are done as a group, how many people will be in the group and will it be mixed genders?

All sessions are mixed gender and there will be a ratio of one instructor to 18 participants. For example, if the group had 30 people, there would be two instructors to help you on your fitness journey.

Am I fit enough to do the challenge?

The Seven Week Challenge is programmed for those who need support and motivation to get started reaching their health and fitness goals. There is no need to be intimidated by the challenge, as all the sessions will cater to the needs of individual fitness levels.

Will there be a weigh in?

There will be an individualised health assessment conducted at the beginning of the challenge which will help determine your goals for the seven weeks. At the completion of the program you will have the opportunity to undergo a final assessment to track your progress and reset your goals post the challenge. There is also an optional weekly weigh in to help keep you on track.

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.

Make sure you ask our Customer Service Staff about our special membership offer on completion of your Seven Week Challenge!

Seven Week Challenge

- ✓ Three weekly fitness sessions with experienced Personal Trainers
- ✓ Certified Fitness Nutritional Coaching Sessions
- ✓ Injury Prevention Sessions with a qualified Osteopath
- ✓ Everything you need to achieve your health and fitness goals
- ✓ Make sustainable changes
- ✓ Ongoing support to keep you motivated
- ✓ Full Centre Aquamoves membership included*

This program is proudly provided by

AQUAMOVES
Celebrating
20 YEARS



www.aquamoves.com.au
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AQUAMOVES Seven Week Challenge

Supported Fitness and Lifestyle Program

MORNING PROGRAM



Starts Monday 17 July 2017

*Healthy choices do not need to be hard work.
We make it easier!*

**Just \$265 or
\$90 for Aquamoves Members**

*Current Aquamoves members can suspend their membership during the Seven Week Challenge, but will be required to pay the \$265 non-member price.



**Mobility exercises with an
Osteopath,
release techniques with a
Physiotherapist
AND
Certified Fitness Nutritional
Coaching sessions.**

Allied Health Professionals will help give you exercises and techniques to help you work through your pre-hab and rehab whilst exercising.

Nutrition tips and advice to assist you with your goals and maximise your efforts over the seven weeks and beyond.



Seven Week Challenge Schedule

The Morning Program starts Monday 17 July and concludes Friday 1 September 2017.

WEEK 1	Monday 17 July	Wednesday 19 July	Friday 21 July	
	6.15am to 7.15am: Exercise Session	6.15am to 7.15am: Exercise Session -Initial Testing	6.15am to 7.15am: Exercise Session	
WEEK 2	Monday 24 July	Wednesday 26 July	Friday 28 July	
	6.15am to 7.15am: Exercise Session	6.15am to 7.15am: Certified Fitness Nutritional Coaching and Exercise Session.	6.15am to 7.15am: Exercise Session	
WEEK 3	Monday 31 July	Wednesday 2 August	Friday 4 August	
	6.15am to 7.15am: Exercise Session	6.15am to 7.30am: Mobility circuit with Keep Active Osteopathy and Exercise Session	6.15am to 7.15am: Exercise Session	
WEEK 4	Monday 7 August	Wednesday 9 August	Friday 11 August	
	6.15am to 7.15am: Exercise Session	6.15am to 7.15am: Exercise Session at Deakin Reserve	6.15am to 7.15am: Exercise Session	
WEEK 5	Monday 14 August	Wednesday 16 August	Friday 18 August	
	6.15am to 7.15am: Exercise Session	6.15am to 7.15am: Release techniques with GV Physiotherapy and Exercise Session	6.15am to 7.15am: Exercise Session	
WEEK 6	Monday 21 August	Wednesday 23 August	Friday 25 August	
	6.15am to 7.15am: Exercise Session	6.15am to 7.30am: Certified Fitness Nutritional Coaching and Exercise Session.	6.15am to 7.15am: Exercise Session	
WEEK 7	Monday 28 August	Wednesday 30 August	Friday 1 September	Friday 1 September
	6.15am to 7.15am: Exercise Session at Deakin Reserve	6.15am to 7.15am: Final Testing	6.15am to 7.15am: Exercise Session	6.30pm: Celebration Dinner - Aussie Hotel

