

Week	Date	Time		Description
	Ipswich Wednesday 28 July	7.30pm	Discussion	A full description of the 12 Week Challenge, Goal Setting. Tips and tricks for success
	Booval Thursday 29 July	11.00am	Discussion	A full description of the 12 Week Challenge, Goal Setting. Tips and tricks for success
1	Sat 14 Aug Start Ipswich	From 8am	Testing day 1	Photos, girth measurements, weight, blood pressure & body fat
1	Wednesday 18 th August	7:40pm	Workshop 1	Nutrition: Protein, Carbohydrates & Fat - your daily meal plans
2	Wednesday 25 th August	7:40pm	Workshop 2	Nutrition: Understanding Food Labels and Content, Different Meal options & Cheat Meals
3	Wednesday 1 st September	6.30pm	Activity 1	Benefits of Interval Training and your chance to experience an Interval Cycle Class
4	Wednesday 8th September	7:40pm	Activity 2	Come and join the Personal Trainers for a dynamic boxing session
	Saturday 11 th September		Testing day 2	Girth measurements, weight, blood pressure & body fat
5	Wednesday 15th September	7:40pm	Workshop 3	Nutrition: Shopping tour. Design a meal for 2 under \$15 following macronutrient breakdown for your specific needs Test our nutrition trivia – great prizes!
6	Wednesday 22 nd September	7.40pm	Activity 3	Body Combat – Sweat it out!
	Saturday 25 th Sept	TBC		Half way Event
7	Wednesday 29 th September	7:40pm	Workshop 4	Motivation- using group dynamics for success (guest speakers)
8	Wednesday 6th October	7:40pm	Activity 4	Come and join the Personal Trainers for an intense boot camp!
	Saturday 9th Oct October		Testing day 3	Girth measurements, weight, blood pressure & body fat
9	Wednesday 13 th October	7:40pm	Activity 5	Come and join the Personal Trainers for an intense circuit workout!
10	Wednesday 20 th October	7:40pm	Workshop 5	Advanced Nutrition – Workout nutrition / eating out and fine-tuning your meal plan. Post Challenge Maintenance / Goal Setting
11	Wednesday 27 th October	7:40pm	Activity 6	Improve your posture and reduce the chance of injury with a discussion and workshop on Postural Pilates. A great core workout
12	Saturday 30 th October	7:00am	Activity 7	Last chance workout- Join our trainers for your last intense boot camp!
Finish	Saturday 6 th November		Testing day 4	Photos, girth measurements, weight, blood pressure & body fat

Workshops & Activity sessions will be held at Riverlink Club. Check notice board for Boot Camp locations.

