

6 Week Summer Body Transformation Challenge

Winter is the best time to shed the extra couple of kilo's and tone up for the Perth Summer. Belmont Oasis is excited to announce our 6 Week Summer Body Transformation Challenge.

Important dates:

Our Summer Body 6 Week Challenge commences Monday 6th of August.

Pre Challenge Screening:	Monday 30 th of July to Saturday 4 th of August.
Pre Challenge Body Scanner:	Saturday 4 th August.
Challenge Starts:	Monday 6 th August.
Challenge Ends:	Sunday 16 th September.
Post Challenge Screening:	Monday 17 th September to Saturday 22 nd September.
Post Challenge Body Scanner:	Saturday 22 nd September.
Results Due:	Sunday 23 rd September.
Challenge Event:	Sunday 30 th September.
Winner Announced:	Sunday 30 th September.

Be Supported:

Online Nutritional Planner:

What you eat is a major part of achieving your weight loss goals, You will receive access to the BEACTIVE Online Nutritional Portal. This planner ensures you are eating healthy to reach your goals. The portal has over 600 recipes, instructions to cook, customizable shopping lists and Gluten Free or Vegetarian options.

Tribe Team Training Coaches:

Our Tribe Team Training Coaches will guide you through our TribeLIFE sessions throughout the challenge. TribeLIFE is a Moderate intensity, low impact, functional, strength and conditioning based program. TribeLIFE introduces weights in order to increase strength, increase fitness and tones the body.

Personalized Strength Based Workout Plan:

To maximize your results, your coach will prescribe a strength program to help increase lean muscle, increase metabolism and increase fat loss. This program will be designed with key principles and will allow you to hit the gym outside of your Tribe Team Training Group Sessions.

Wearable Technology:

Included within your Challenge Fee is a Myzone MZ3. The Myzone technology allows you to train at your optimum with live and instant feedback on effort levels and allows your coach to keep you accountable and on target throughout the challenge.

Body Scanner:

The In body scanner is a noninvasive view into your body composition. Accurately track your fat loss, lean muscle gains, visceral fat (fat around your vital organs). This technology ensures your feedback on results is greater and more accurate than a bathroom scale.

Tribe LIFE Sessions

For the 6 week challenge we will be offering 12 session times throughout the challenge. It is recommended that you attend at least an A & a B session each week. Sessions are capped at 10 participants with a first in booking system through reception.

Session A	Session B
Monday 5.10pm	Thursday 6.00am
Tuesday 6.00am	Thursday 9.15am
Tuesday 9.15am	Thursday 5.10pm
Wednesday 6.00am	Saturday 7.30am

Already Training with Tribe Team Training Belmont:

If your membership already included Tribe Team Training you will automatically be entered into the challenge at no extra cost. In preparation for the challenge, Tribe Team Training Sessions will break for the Pre-Screening Week (30th July to the 4th August) and no sessions will be held. Your Tribe portion of your membership payment will be suspended for this week.

Be Rewarded:

To entice you to get your best results this is a challenge. The winner will be judged on:

Change in Body Scanner in Body Score. 50%.

Change in measurements. 50%.

An extra 10% can be achieved with optional before and after photos taken by yourself or your coach.

Prizes up for grabs:

Not only will you walk away looking and feeling better, the winner of the 6 Week Summer Body Transformation Challenge will receive 6 weeks of Tribe Team Training and Centre Membership for Free, Valued at \$240.

Get Started:

Online signup for new members is available at <https://www.belmontoasis.com.au/membership>.

Existing members can sign up, simply see one of our friendly customer service team to get started.

Existing Tribe Team Training Members can get into the challenge at no extra cost.

New Member	Upgrade Member	Existing Tribe Team
\$99 registration	\$99 registration	\$0 registration
Included Complimentary Myzone MZ3 Belt		Option to Purchase MZ3 at \$99
\$40 per week	\$40 per week	\$0 extra cost
Up to 4 Tribe Team Training Sessions Per week		
Personalised 6 week Strength Program		



Full member access to Health Club, Pools, Spa & Sauna and Group Fitness Classes
2 x Complimentary Body Scans
Nutrition Portal Access
Opportunity for Club Prizes
Better You