

Make the switch

Join our

8 Week

Team TRANSFORMATION Challenge

Starts 10th July

BODY 
SW!TCH

health & fitness

152 Brisbane Street, Ipswich

Is this you

- Always struggle to get to the gym
- Losing Motivation
- Have no accountability
- Can't get out of bed on these cold winter morning
- Needing a team environment to succeed

THEN WE HAVE THE SOLUTION FOR YOU

The BodySwitch 8 Week Team Transformation Challenge

- Team of 4 (if you don't have a team we will team you up with 3 other supportive individuals)
- Weekly 45min Group PT session
- Weekly team challenges
- Weigh ins, eating plans, exercise plans
- Prizes for winning team (based on team % kg,cm,body fat lost)
- INCLUDES - 8 week Gym Membership

DON'T FORGET - SUMMER BODIES ARE MADE IN WINTER

---- LIMITED PLACES AVAILABLE ----

**HIT US UP ON FACEBOOK FOR
\$20 OFF THE CHALLENGE!!**