

THE SHED

8 WEEK CHALLENGE BLOCK
STARTS MONDAY 21ST JULY

TRANSFORM YOUR BODY, MIND & LIFE



STARTER PACKAGE

\$35 /week

- ✓ Two 45-minute small group personal training sessions per week
- ✓ Fortnightly progress report - online check-ins with Emma
- ✓ Customized nutrition assistance - macro split. Monitored and tracked on MyFitnessPal by Emma

GOLD PACKAGE

\$45 /week

- ✓ Unlimited 45-minute small group personal training sessions per week
- ✓ Fortnightly progress report - online check-ins with Emma
- ✓ Customized nutrition assistance - macro split. Monitored and tracked on MyFitnessPal by Emma

PLATINUM PACKAGE

\$55 /week

- ✓ Unlimited 45-minute small group personal training sessions per week
- ✓ Weekly progress report - online check-ins every Sunday for 8 weeks.
- ✓ Customized nutrition assistance - macro split. Monitored and tracked on MyFitnessPal by Emma.
- ✓ 24/7 access. Train anytime you like! (Offer only available to SHED members who have completed a minimum of 2 x challenges with Emma). See Emma for additional information package.

SMALL GROUP PERSONAL TRAINING TIMETABLE TERM 3, 2025.

M	T	W	TH	F	S
5.45am		5.45am		5.45am	6.00am
	5.45pm		5.30pm		

CHOOSE YOU!

[Click here to express your interest](#)

HEAD COACH: EMMA O'KEEFFE