

THE SHED.

Presents

SPRING STRONG

coached by Emma O'Keeffe

STARTS OCTOBER 5TH

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8-WEEK TRAINING BLOCK | STARTING OCTOBER 5TH

Get ready for our BIGGEST block yet! Summer Strong is bringing the energy, the motivation and the results as we head into summer – and we're turning things up a notch with the return of our night classes at The Shed!

Whether you're looking to build strength, improve your fitness, feel more confident or simply get back into a routine, this is your chance to commit to yourself, challenge your limits and finish the year feeling stronger than ever.

EVERYTHING YOU NEED TO SUCCEED IS INCLUDED:

Structured training: A personalised training split designed to keep you progressing throughout the 8 weeks.

Nutrition included: Take the guesswork out of your nutrition with tailored meal plans or macro guidance to support your goals.

Weekly check-ins: Stay accountable, track your progress and receive ongoing support and guidance throughout the block.

Coaching and motivation: The support you need to stay consistent, push yourself and get the most out of every session.

TRAIN YOUR WAY – ANYWHERE, ANYTIME!

Summer Strong can be completed face-to-face at The Shed or entirely online through our coaching app. Whether you love the atmosphere of our in-person sessions or need the flexibility of training around your own schedule, we've got you covered.

Heading away on holidays? No problem! Your training split is right there in your pocket, so you can keep moving, stay consistent and never miss a beat – wherever summer takes you.

This is more than just another training block. It's 8 weeks to build momentum, find your confidence, push your limits and make yourself a priority.

Let's make this spring our strongest one yet!

ARE YOU READY FOR SPRING STRONG?

STARTS OCTOBER 5TH

WEEKS 1,2 &3

1

M	T	W	TH	F	S
5.45AM EMMA		5.45AM EMMA		5.45AM MEL	6.00AM MEL
9.30AM EMMA	9.30AM EMMA				
5.45PM EMMA			5.45PM MEL		

2

M	T	W	TH	F	S
5.45AM EMMA		5.45AM EMMA		5.45AM MEL	6.00AM MEL
9.30AM EMMA	9.30AM EMMA				
	5.45PM EMMA		5.45PM MEL		

3

M	T	W	TH	F	S
5.45AM MEL		5.45AM MEL		5.45AM MEL	
	5.45PM MEL		5.45PM MEL		

THE SHED.

with Emma O'Keeffe

Face-to-face coaching in our
boutique style training facility or train
online!

Class Timetable

M	T	W	TH	F	S
5.45AM MEL		5.45AM EMMA		5.45AM EMMA	6.00AM EMMA
	9.30AM EMMA		9.30AM EMMA	9.30AM EMMA	
	5.45PM EMMA		5.45PM EMMA		

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CHALLENGE COST: \$51.99 per week

SIGN-UP FEE: \$25 to lock your spot & book your 1:1 consult with Emma. Please note all current women who train with Emma are not required to pay the sign-up fee. This is only for new women jumping onboard.

READY TO GO?

Fill out the information below and Emma will be in contact with you.

Step 1: [Click here to send your interest for the challenge to Emma.](#)

Step 2: [Click here to pay your sign-up fee \(new ladies only\).](#)

Step 3: [Sign up to weekly debits here \(you won't be charged until 7th of Oct\).](#)

Step 4: That's it! Emma will be in touch to book your 1:1 catch up!

Please note - those currently training with Emma only need to complete step 1.

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WWW.EMMAOKEEFFE.COM.AU