



Cold Commitment Challenge

Why join the Cold Commitment challenge?

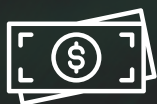
Committing to your physical and mental wellbeing is never an investment of time and money that is lost! We all exercise for many reasons. Physical wellbeing, mental wellbeing, social well-being, to lose weight, to gain weight and many other reasons. Ultimately we commit to exercise for a prolonged healthy and happy life. This doesn't stop in winter. Just because it's a little more uncomfortable outside is not a reason to give up on ourselves. Commitment towards being your best is a commitment that will not only benefit yourself but those around you. COMMIT THIS WINTER!! Let us show you how!

Important Dates

- Start Date 3/7/23
- 3/7/23 Initial testing
- 8/7/23 Mind & Body Grit session
- 29/7/23 Cold exposure experience and breath work session
- 31/7/23 Final testing
- 5/8/23 Challenge Party and presentation

Prizes

\$500 Cash - 3 months free membership



Payment Options

- \$55 Per week for 5 weeks
- \$275 upfront payment

How do I sign up?

Simply go to hiveactiv.com and sign up to the Cold Commitment Challenge.

Alternatively, contact Luey on: 0456 150 496 or lucas@hiveactiv.com

Inclusions

- Unlimited access to all Group Fitness Classes
- Body composition analysis
- Meal plan and snack ideas to suit your goals
- Mind & Body Grit session
- Cold exposure and breath work experience
- Online support via a private Facebook page
- Coaches that keep you accountable
- Discounted on group personal training Sessions, only \$25 per person with a minimum of 3 people.
- Initial and final fitness testing
- Awards night and Prizes!!!

MON	TUES	WED	THUR	FRI	SAT
5 AM STRENGTH	515 AM CARDIO BLAST	5 AM STRENGTH	515 AM HIIT/Mobility	5 AM FULL BODY STRENGTH	8AM 30min HIIT
6 AM STRENGTH	615 AM CARDIO BLAST	6 AM STRENGTH	615 AM HIIT/Mobility	6 AM Bootcamp	
930 AM STRENGTH		930AM STRENGTH		930AM FULL BODY STRENGTH	
11AM SENIORS		11AM SENIORS		11AM SENIORS	
530PM STRENGTH	530PM 30min Cardio Blast	530PM STRENGTH	530PM 30min HIIT		

ALL CLASSES HELD IN OUR STUDIO:
2/321 MAIN RD TOUKLEY, NSW.
EXCEPT THE FOLLOWING CLASSES:
615AM TUESDAY, 615AM THURSDAY AND 6AM BOOTCAMP ON FRIDAYS

OUR NORAH HEAD LOCATION IS OUT THE FRONT OF THE MARINE RESCUE,
CABBAGE TREE BAY, NORAH HEAD NSW.