

Looking for a new challenge?

Not seeing the results you want? Get ripped. Change your life. Take your fitness to the next level.

Achieve your next fitness goal with the 30-day Woman Warrior Challenge, providing professional coaching and workshops.

- Lose Weight, Get Fit
- Train with real Fitness Professionals
- Talk nutrition with a dietician
- No "getting bulky", we all want long, lean muscles
- Proven results
- No judgments, no egos - just real-life training.

How will you feel 30 days from now? Will you be in better shape? Or will you just be 30 days older?

We know you're busy. Life happens. It's hard to get to the gym, and when you get there, you feel awkward and uncomfortable. You've tried exercising in the past, and no matter what you try, the body fat stays on your belly, your hips, and your glutes. You've been exercising for months now, and you don't see any changes in your body composition. You're burned out because nothing you've tried has worked. So stop trying the same thing, and seeing the same results, and start fresh.

Your transformation has a new beginning. It starts now! Now you can have the body you want, and watch the fat melt away with the Woman Warrior Challenge. Learn how to achieve your goals with a nutrition seminar and a fitness coach that can show you the correct lifting techniques. Work out from home, on your time. With scheduled sessions each week, you will have a personal trainer at your disposal when you need them.

Join a community of like-minded individuals who will be there to support you each step of the way. Gain self-confidence, and become physically and mentally stronger, each and every day. Join our Women's Warrior Challenge now!

Strength training allows people to step outside their comfort zone. It's time to step outside of yours. Our Women's Warrior Challenge is designed to help women feel like superheroes, and we are creating some strong women. How will you respond to this challenge?

Our clients can not be wrong:

"This place is incredible! I can't put into words how amazing Prodigy is, it's more than a group fitness environment, it's a family! I love the training, the sessions are always different and not boring, and Mark and Jacinta care so much about their members and their wellbeing. 1000% recommend"-
ANNE-MAREE

"This gym is honestly the greatest gym. If you want to learn good technique, lift heavy weights & build endurance whilst still having fun then this is the gym for you. Jacinta & Mark are awesome and have built such a great gym to suit all fitness levels. The community at this gym is just amazing & we all support each other. Me personally - am kicking goals and wouldn't be at the level I am today without these two gems! My advice; give it a crack" - EDEN ROBINSON

"Fantastic community gym. Mark and Jacinta are fully focused on providing a gym space where every member is valued, respected and given the opportunity to be their fitness best! And when there is totally delicious fresh coffee in the same building, you can't go wrong! If you're thinking of starting or continuing your fitness journey, give them a call. If you're looking for great coffee, call in!! You will not be disappointed!" - HEIDI SEWELL

As part of the Women's Warrior Challenge, you will see:

FEATURES	BENEFITS
Unlimited Group Coaching Sessions	Train on your own schedule with up to 29 sessions per week to choose from
Sports Dietician Seminar	Learn how to fuel your body to achieve your goals.
4 x Technique workshops	Learn correct lifting technique from our head coach. Avoid injury and get the maximum benefits every time you lift.
Unlimited Support & Accountability	Be part of a community of amazing women who support and look for one another.

Expert Coaching	Get all of the benefits of a personal trainer in a group environment.
Improved Strength	Our trainers will focus on muscle imbalances, improving your overall strength
Lose Weight	The combination of strength training and dietician services will change your body

According to [Women's Health Magazine](#), strength training has numerous effects on a woman's body, including a higher metabolism, fat burning for up to two hours after your workout, and the ability to target your trouble spots.

Join the Women's Warrior Challenge today. Lose weight, feel better, and be proud of what you accomplish. Our unlimited group coaching sessions will lead you through the challenge, and our dietician will help you meet your nutritional goals. You will learn the correct way to lift weights, to avoid injury and get the maximum benefit, and you will join a community, making friends and having support along the way.

Only 10 spots available in this challenge, so don't miss out. Join now to get in on the challenge!!

This offer is worth over \$1,000.

Unlimited classes - \$244

4 x 4 x Technique workshops - \$500

Dietician seminar - \$300.

But because we believe in you, and we believe in what we do, it's yours now, for only \$349. With only 10 spots available, get this sweet offer now. Women's Warrior Challenge starts October 12th, 2019. Don't miss out.

Book a free consultation with our trainers today to get started!

P.S. This offer is only valid until October 12, 2021, or until the 10 spots fill up. Are you willing to take the chance of missing out on over \$1000 worth of personal training value? Make an investment in you, for only \$349. Contact our trainers today!