

Rauform Beat the Deck 6-Week Team Challenge

Duration: 29th of June 2026 - 10th of August 2026 (6 weeks)

It's time to shuffle the cards, push your limits, and Beat the Deck together! This exciting new 6-week team challenge combines personal bests, daily fun workouts, and team competition like never before. Teams of 4-5 will motivate each other, track real progress, and battle it out on the leaderboard.

Teams: 4-5 members (sign up & we'll match you)
Cost: \$480 per person (includes a 30-class pack – just \$16 per class)

What's Included:

- Exclusive "Beat the Deck" team T-shirt
- Baseline testing & weekly process tracking
- Weekly team challenges & daily card challenge
- Points tracking
- Weekly team check ins with Sandy
- Post challenge review & 10% off your next pack

Team Prizes

- 1st Place: Walkers Arms meal voucher for the group (\$500) + 6 free classes each
- 2nd Place: Rauform Backpack + 4 free classes each
- 3rd Place: Rauform Journal + 2 free classes each

Every Participant Gets
"Beat the Deck" T-shirt
Yolk Coffee Voucher
3 free classes



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Class Point System

Reformer Pilates: 15 points per class

Fusion (Cardio, Strength, Core, Jumpboard, Pole): 25 points per class

Circuits (Cardio, Strength, 50/50, Triple Threat): 35 points per class

How Teams Score

Category	Points	How It Works
Class Attendance	15 / 25 / 35 per class	Based on class type
Beat Your Best	50 Points each	Every personal record broken (push-ups, plank, etc.)
Weekly Team Challenge	100 Points	One big team task per week
Daily Card Challenge	30 Points per day	Complete your daily 7-card workout

Weekly Theme Challenge (examples show, not exact exercises)

Week	Theme	Focus	Weekly Team Challenge	Beat Your Best Test
1	Cardio Ignite	Circuits + Fusion	Team 20km combined run/walk	Skier/ Rower
2	Strength Surge	Circuits + Fusion	Max Team Push-ups/ Squats	Deadlifts, chest press
3	Pilates Power	Reformer	10-minute Power series	Plank Hold
4	Core Crusher	Core focus/pole	Ab series (pole,etc)	Sliders
5	Endurance Edge	Circuits	20-minute Team AMRAP	Manmaker Test
6	Peak & Celebrate	All classes	Final Team Obstacle / Fun Challenge	Full Re-Test (Week 1)