

Rauform Team Empower & Elevate 6 Week Challenge

Duration: October 27 – December 8, 2025 (6 weeks)

Teams: Three teams—Black, Blue, Green

Cost: \$450/person (30-class pack, only \$15/class—use across 6 weeks)

What's Included:

Pre-challenge 1:1 goal-setting with Sandy

Weekly team check-ins

Rauwards points system for team rewards (details below).

Post-challenge review with Sandy + 10% discount on next class pack for all participants.

Weekly leaderboard updates

Prizes for Top Teams

1st Place: 6 free classes per member, Rauform grip socks, water bottle, coffee voucher, key ring, Rauform towel.

2nd Place: 4 free classes per member, Rauform grip socks, water bottle, coffee voucher.

3rd Place: 2 free classes per member, Rauform grip socks, coffee voucher.

Class Types & Points System

Rauformer: (Pilates reformer): 5 points/class

Fusion: (cardio fusion , strength fusion , core focus , maple pole, jump board): 10 points/class

Cardio Circuit/Strength Circuit: 15 points/class

Appearance Bonus: Wear your team colour to any class for 5 extra points.

Extra Challenges for Points

Boost your team's score with these weekly tasks :

Cook a Rauform Recipe: Snap a photo cooking a weekly recipe (10 points).

Outdoor Activity: Walk, jog, hike, or bike outside class hours; share a photo (10 points/week).

Daily Steps: Hit 10,000 steps/day, track via app or photo (5 points/day, max 35/week).

Weekly Mystery Challenge: Unique tasks for each team to complete (20 points).

Class Streak:

Complete 5 classes in one week (25 points/person).

Complete 7 classes in a week (25 points)

Completely 3 classes in a day (30 points)

