

THE RAUFORM HUNT 6 WEEK CHALLENGE

Duration: 26TH of October - 7TH of December 2026

Collect the clues. Complete the missions. Unlock the treasure.

Over six weeks, complete your fitness classes and weekly bonus exercises to earn points, unlock clues and win prizes along the way. Earn enough points each week to reveal a new clue and claim your weekly reward. Collect all six clues to unlock the final treasure!

Cost: \$480 per person (includes a 30-class pack – just \$16 per class)

Every Participant Gets:

Exclusive “Rauform Treasure Hunt T-shirt”

Yolk Coffee Voucher

3 Free Classes

Prizes

Please note, prizes will be released at the end of the challenge.

The number of points accumulated determines prize you receive from the hidden chest.

*Keep calm
And give me
two more reps*



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6 WEEK CHALLENGE

Point Scoring List:

Reformer only = 5 points

Fusion classes (core focus included) = 10 points

Full circuits (including jumpboard) = 15 points

10,000 steps a day for week 3 =20 points

The Challenge

Week 1 – Start the Journey Focus: show up and build the habit loop. • Studio: 3 Reformer or Fusion classes. • Extra: 3 × 20-minute walks • Lifestyle: hit your water goal 5 days. • Reward: Clue #1	Week 4 – The Endurance Mission Focus: heart rate and trying something new. • Studio: 3 cardio based classes • Extra: 1 new class you haven't tried before • Lifestyle: log one personal best or noticeable improvement (heavier spring, extra rep, faster recovery, longer plank). • Reward: Clue #4.
Week 2 – Find Your Strength Focus: load and control. • Studio: 3 x strength -biased classes (Reformer strength fusion / strength Circuit). • Extra: 1 bodyweight strength session at home /outdoors (15–20 min) • Lifestyle: 10 minute stretch or mobility on 3 days (can be post-class). • Reward: Clue #2.	Week 5 – Team Treasure Focus: accountability. This is the week that makes habits stick with some extra encouragement . • Studio: 4 x classes, including 1 Circuit • Extra: complete 1 workout with a buddy / team. • Lifestyle: Team challenge workout and team coffee catch up • Reward: Clue #5.
Week 3 – Chase the Steps Focus: daily movement • Studio: 3x reformer classes • Extra: hit your steps 4 days • Lifestyle: Self care on 3 days (book massage, facial, read a book , grab a coffee with favorite person) • Reward: Clue #3.	Week 6 – Final Quest Focus: close the map. High attendance, then the reveal. • Studio: 5 x classes • Extra: complete Final Fitness Challenge (short studio /outdoor circuit, same for everyone). • Lifestyle: bring all 6 clues to Finale Night. • Reward: Clue #6 + treasure reveal.