

Rauform Winter Warrior Challenge!

Starts June 24th

Prizes:

30 Points: Coffee Voucher

60 Points: 1 Pair Grip Socks

90 Points: 1 Gym Towel

120 Points: 1 Drink Bottle

150 Points: 3 Free Classes

200 Points: 10% Off Next Class Pack

Overview:

Embrace the winter season with the Rauform Winter Warrior Challenge! Over the course of 6 weeks, you'll have the opportunity to push your fitness limits, earn points, and win exciting prizes!

Each participant will receive a challenge t-shirt and go into the draw to win a Grand Prize of a Spa Voucher, York voucher and class pack valued at over \$500.

How it Works:

Earn points by attending different types of classes and engaging in healthy activities. Points can be accumulated in the following ways:

- **Rauformer Class:** 1 point per class
- **Fusion Classes and Core Focus:** 2 points per class
- **Strength and Cardio Circuits:** 5 points per class
- **Five classes in a week:** 10 points
- **Twelve Classes in Two Weeks:** 10 points
- **Healthy Cooking:** 5 points per recipe cooked from Challenge cookbook
- **Daily Steps:** 5 points for achieving 10,000 steps in a day
- **Weekly Mystery Challenge:** Complete a mystery challenge for 5 points per week

The mystery challenge will be drawn from a hat upon your first visit of the week starting on a Monday. This adds an element of surprise and fun to your weekly routine.

Challenge Workshop

Join Annie Johns, yoga therapist and restorative therapist for a series of workshops throughout the challenge. Each workshop has a focus on muscle recovery, mobility & nervous system regulation for better sleep, digestion & fitness.

Myofascial Release & Yin Workshop 90 mins (MAX 26 people) 13th July

In this workshop we will be accessing acupressure trigger points in the body to release deeply held muscular tension. After each trigger point is accessed using an MRF ball, we will engage in a corresponding yin stretch to increase mobility and rebalance the body, while relaxing deeply.

Rest & Restore Workshop 2.5hrs (MAX 15 people) 3rd August

This incredible session uses the science of somatic release for down-regulating the nervous system to engage muscle recovery, improve sleep, slow your heart rate and improve digestion!

You will learn the science behind the nervous system, try somatic practices for engaging the parasympathetic nervous system, therapeutic yogic movement, restorative yoga practices & yoga nidra.

Treat yourself to this full mind body recovery to close out your amazing efforts this challenge!

Terms and Conditions

Challenge Pack is only available to use from 24th of June 2024 to 5th of August 2024. Cost is \$450 for 30 classes for participants that register by 24th of June 2024. Payment required in advance. Classes are subject to availability and are non - transferrable. When redeeming points, challenge participants can redeem one item per point threshold. Entry into grand prize is 1 per challenge participant. Free classes won can be redeemed at any time.