

# Rauform Ying Yang Challenge

Embrace the Chill- The Rauform Ying Yang Challenge

23rd of June 2025 - 4th of Aug 2025

Join us for 6 transformative weeks of movement, motivation, and mindset reset.

Designed to beat the winter blues, Rauformer Pilates, functional strength, cardio, and habit-building into one powerful program.

Alongside we will run three Yoga inspired Workshops run by the wonderful Annie Johns .

The workshops will be held on the following dates :

Yoga Nidra event allow 90mins

Thursday 3rd of July at 7:30pm

Seasonal Yin Masterclass 90mins

Sunday 13 th of July 1 pm

Myofasical Release & Acupressure 2hrs

Sunday 27th of July 1 pm

## The Details

Duration: 6 Weeks

Classes Included: 30 Classes

Investment: \$450 (\$15 per class)

Top-Up Classes: \$15 each (if you want more!)

## How It Works

Earn points by completing workouts, weekly challenges, and healthy habits both inside and outside the studio. It's more than just fitness—it's about building a stronger, healthier you this winter.



### Points Breakdown

#### In-Studio Classes:

Reformer Pilates Only – 5 points

Cardio, Strength Fusion, Core Focus, Jumpboard – 10 points

Full Cardio, 50/50 Fusion, Strength & Pole – 15 points

#### Bonus Points:

Complete 10 Classes in 5 Days – 50 points

Complete Weekly Challenge – 20 points

New theme every week targeting different wellness pillars, from mobility and mindset to nutrition and outdoor activity.

#### Point-Based Rewards:

Unlock milestone rewards as you go. The more points you earn, the more you gain:

150 Points –coffee voucher

300 Points –crew socks

450 Points –wheat bag

600 Points –foam roller / MFR ball

750 Points – beanie (branded)

900 Points – \$50 Endota spa voucher

#### Included for All Participants:

Exclusive Challenge T-Shirt, 5 free classes

Are You Ready to Crush the Cold?

Are you ready? Let's move, sweat, and thrive together this winter. ❄️

*Keep calm  
And give me  
two more reps*

