

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. ❄️

