



14 DAY

AUTUMN HOLIDAY CHALLENGE - WEEK 1

Don't fall out of good habits when the weather starts to shift. Our holiday plan is tailored to keep you motivated and cozy, whether you prefer indoor workouts or outdoor adventures.



Workout at home

BOOK A LIVE SESSION

Our trainers are still here throughout the holidays to deliver professional workouts to keep you warm throughout Autumn!

PHYSICAL HEALTH

DAY 1

DAY 2 Get outdoors!

GO FOR A WALK

Enjoy the beauty of the nature around you by going for a relaxing stroll. Bring a loved one along with you to boost the fun (and the benefits!)



Workout at home

HIP FLEXOR PILATES

Keep your hip joints healthy and strong with Bella's hip-focused Pilates workout! Great for all abilities.

DAY 3

DAY 4 Get outdoors!

RIDE A BIKE

Boost your strength, balance and co-ordination with a cycle around the neighbourhood. It's a great activity to do with the kids!



Workout at home

ENERGISING MEDITATION

Meditation isn't just great for relaxing - it can also help to give you a mental boost! Join Michael's Meditation to get you invigorated and energised!

DAY 5

DAY 6 Get outdoors!

PLAY A BALL GAME

Get the whole family out in the sun to enjoy a friendly ball game. These games are great for your cardiovascular health and are so much fun you forget it's exercise!



Rest day - Time to unwind!

BAKE SOME BERRY MUFFINS

Give yourself a day to rest and unwind. Bake yourself some deliciously nutritious Berry Muffins to sweeten your me-time!



DAY 7