

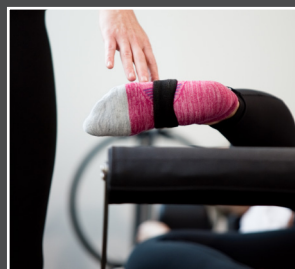
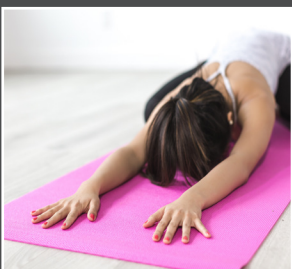
# To Thrive

Our **5 to Thrive** Transformation is designed to develop a healthier, happier you in just five weeks!

Using a combination of exercise, nutrition, goal setting and health and wellness practices, we will support you on your individual journey, every step of the way.

## What's Included?

- Unlimited Reformer Pilates Classes (includes all class types)
- Access to our Creche facilities and Mums & Bubs classes
- A comprehensive nutrition guide
- Individualised Goal setting
- Weekly support sessions
- End of Transformation Celebration



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## *Frequently asked questions*

*When does the 5 to Thrive begin?*

We kick off on Monday, 19th October.

*How much does it cost?*

\$350

*Who can sign up?*

Anyone! Both new and existing clients can take part in the 5 to Thrive. All ages and fitness levels are also welcome.

*What if I'm currently on a membership?*

Memberships can be put on hold if you wish to join. Unlimited Members can also sign up for free and enjoy all the transformation perks!

*How do I sign up?*

Via the Mindbody app or our website. Once processed, we will be in touch with your 5 to Thrive pack.

*What if I need more info?*

Contact us on 0468 512 447 or email us at [info@corecontour.com.au](mailto:info@corecontour.com.au). We're happy to answer any questions you have or help you get started.



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