



PERSONAL TRAINING

Challenge FAQs

Do I have to attend all 6 sessions?

No, you have unlimited access to all 6 sessions, but you can choose which sessions you attend. You may only attend 4 of the 6 as some nights you may have other plans and that's fine! You can still make progress throughout the challenge by staying consistent with how many sessions you decide to do per week.

Do I have to pay upfront or can I pay weekly?

Some people may choose to pay upfront as it helps them remain accountable. However, we understand that some people may find this difficult to pay all at once, so a weekly fee using Pay Advantage can be used instead. Please be aware that you are still liable to pay the full 12 weeks with this option.

When does it start/end?

The challenge starts on the 31st of May and runs for 12 weeks through the cold months of winter to help keep you motivated. The last day of the challenge is Saturday the 28th August and the Prize Giving Dinner will be held the following Saturday night (5th September). Venue TBC dependant on weather.

I'm nervous about doing some of the exercises. Should I still sign up?

Of course! The great thing about completing the challenge at KSS is that it is limited to 15 people. You get more focus from Kerry on your technique and she will help you through those new moves. You will be feeling confident in no time.

I've never been to the gym before. Will I be able to do this challenge?

Yes! The sessions are designed to be complete in 30 mins (not too long) and are open to beginners or people who have been going to the gym for a long time. One of the benefits of choosing a silver or gold package is that you can book a 1:1 session with Kerry at a discounted rate if you would like to do a technique session to really improve your confidence.

How can I challenge myself after the 12 weeks?

You may want to continue into the next challenge OR you may decide to try the Saturday Strongwoman classes or test out your strength by giving Powerlifting a go. KSS runs comps for both of these which are a fun day for women who are new to the sports. Kerry is the only female Strongwoman and Powerlifting coach in Geelong, so you are at the right place!

Can I still lose weight if I don't buy the nutrition guide?

You can. You may choose to track your calories through an app like MyFitnessPal or see a sports nutritionist (highly recommend Zoned Performance or Dakota Plumridge from Dak Strength) for a personalised plan. Restricting yourself is not what this challenge is about so making sure you're eating enough and getting advice from a registered nutritionist is always recommended.

What are the prizes on offer?

Prizes will be awarded for Most Improved Fitness, Most Improved Strength, Most Improved Body Scan, Most Improved Confidence & Rising Star.

Prizes for the winners will include Massage Vouchers, Hair & Skin Products, Free PT Sessions, a Yoga Kit, Activewear & Much More!!!