**FOR IMMEDIATE RELEASE**

Fernwood Fitness’ 6 Weeks to Strong Challenge Most Successful to Date

*Focusing on sustainable results and technique, not looks or aesthetics*

The experts in women’s health and fitness have showcased their position as industry leaders with the success of their brand-new 6 Weeks to Strong Challenge.

6 Weeks to Strong commenced on August 7th and is Fernwood’s most successful challenge post-pandemic with almost 2000 women joining the challenge across the network.

Designed to achieve sustainable results and teach great lifting technique. The challenge goal is to master six essential functional movements to have challengers across the country feeling their best and strongest in all areas of their lives, in combination with weekly nutritionist-designed meal plans, in-club workouts and educational content on each functional movement.

**[INSERT QUOTE FROM CLUB STAFF / MEMBER FEEDBACK]**

Proving that women have returned to the gym post-COVID, the demand for social workouts and that sense of community is stronger than ever at Fernwood **[CLUB NAME]**.

To find out more about the getting stronger, faster and fitter, visit Fernwood **[CLUB NAME]** now.

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[Fernwood Fitness](https://www.fernwoodfitness.com.au/why-fernwood/about) are the health, fitness and wellness clubs more than 70,000 women across Australia love. Every club is purpose-built with women in mind, so they feel empowered to shine in all aspects of their lives. From strength and weight training to high-intensity workouts, yoga, Pilates, meditation, nutrition coaching and more – Fernwood Fitness supports every woman to feel fitter, stronger and healthier in a supportive, diverse and welcoming environment.



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Fernwood [CLUB NAME]

**[CLUB STREET ADDRESS]**

**[SUBURB, STATE POSTCODE]**

fernwoodfitness.com.au

EMPOWERING

WOMEN TO SHINE