

EPISODE SYNOPSIS

EPISODE 1 • GETTING STARTED MARCH 4, 10 PM

The women have had some devastating physical assessments. Teri says she feels like a slug. Farrah's assessment shows 40% body fat. Veronica has been told all her life she is fat. A kick-off dinner is the place for the women to share their angst and compare notes on how to move forward. Physical fitness is secondary to getting to a better place in their lives.

EPISODE 2 • FOOD AND A BOXING CLASS MARCH 11, 10 PM

The women confront their food demons, getting some tips from the pro's on how to eat more healthily. Things get serious in the gym, too, as the women get into the ring with a boxing instructor. As well as the unusual exercise, Teri gets to work off some of her anger on a punching bag – as well as the instructor.

EPISODE 3 • BRINGIN' IT ALL HOME AND SOCCER MARCH 18, 10 PM

The women have fun playing as a team. The support of the group is an important milestone in its moving forward. But away from the group, many feel they are still on their own. While Melanie struggles to overcome the ghosts of her past, Veronica manages to confront her trainer about his methods.

EPISODE 4 • SEXY BODY AND BELLY DANCING MARCH 25, 10 PM

A belly dance class stirs up the women's thoughts and feelings about their bodies, revealing the insecurities and frustrations shared by all of them. The dance class triggers memories for Laurie of earlier days when she was comfortable and confident in her own skin – and smaller- sized clothes. Farrah and her wife Kim celebrate the anniversary of their marriage with matching tattoos.

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EPISODE 5 • IMPROV CLASS APRIL 1, 10 PM

Melanie takes a new role in the group – that of leader. While reluctant to try it at first, the women actually get into and enjoy an improv class. Teri and Laurie share an inspiring sense of progress with their journeys. Melanie seeks some counselling for her allergies and Veronica revisits her childhood dance studio to confront a controlling person from her past.

EPISODE 6 • GYMNASTICS APRIL 8, 10 PM

The women return to the scene of many a bad memory – the gymnasium. Together, they try a circuit of basic gymnastic exercises, having a lot more fun than they thought they would. They also re-visit their assessments, to get a sense of who has made progress, who has not and what the game plan is from here forward.

EPISODE 7 • TRAMPOLINE APRIL 15, 10 PM

The women mix some play into their work with a group trampoline class. They are surprised to find they have some real fun. It is also good timing, as Teri and Chantal each share some shocking - and life changing - news with the group.

EPISODE 8 • ROCK CLIMBING APRIL 22, 10 PM

The group decides it's time to face some fears and test their limits – and they do it at a rock climbing gym. The encouragement of the others is crucial to Teri's success on the wall. Melanie continues the trend of making big changes in her life, taking major steps to deal with her troubled past.

EPISODE 9 • YOGA APRIL 29, 10 PM

The women decide to try a yoga class, as part of their quest to bring together their bodies and minds and find balance in their lives. They continue to draw strength from each other and Laurie faces a major turning point in her life. The risks taken by some are motivating others to move forward.

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EPISODE 10 • MIXED MARTIAL ARTS MAY 6, 10 PM

Inspired by their success so far, the women try some new things that four months ago they never would have considered. Life changes continue too, as Farrah and Teri bring their families deeper into their journeys.

EPISODE 11 • FOOTBALL MAY 13, 10 PM

It's time for one of the most fun activities yet. This week, the women learn football skills – and even play a modified game – with two members of the Toronto Argos. Watch Teri make a “touch-down”! After the hard work, the group decides to reward themselves with a girl's night out and, in an evening of bonding, really let their hair down!

EPISODE 12 • FIRE FIGHTING SCHOOL MAY 20, 10 PM

The women put the power of the group to the test at a fire-fighting course, running up five storeys and dealing with a burning car. They've become a close-knit team and it shows – both on the course and in their lives. Some of the women celebrate significant milestones in their journey, giving others that extra bit of inspiration to face their final fears.

EPISODE 13 • THE JOURNEY SO FAR MAY 27, 10 PM

The women get together for a celebratory dinner and take stock of how far each of them has come in the past few months. They reflect upon the changes in their lives, their bodies and their relationships. Together, the group moves forward in happier, healthier lives than they could not have imagined in the beginning.

PLEASE NOTE: TIME & DATE OF BROADCAST MAY BE SUBJECT TO CHANGE