

Discover why so many people are making the move to **Personal Training...**

- ✓ ONE ON ONE
- ✓ FAST RESULTS
- ✓ MOTIVATING
- ✓ TIME EFFICIENT
- ✓ PERSONALISED
- ✓ LONG TERM SUCCESS
- ✓ EDUCATIONAL

FAST RESULTS!

PLUS
fitness

1300 THE GYM

www.plusfitness.com.au

**TURN OVER FOR
YOUR FREE
OFFER**

Book now for your FREE Introduction to Personal Training session and receive...

- ✓ 30 minute of one on one attention
- ✓ Goals Analysis Session
- ✓ Lifestyle Profiling
- ✓ Learn New Exercises
- ✓ Discover the benefits of Personal Training

Your FREE SESSION is on:

Day: _____

Date: ____/____/____ Time: _____

Your Personal Trainer will be: _____

Find your local Plus Fitness at

www.plusfitness.com.au

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Introduction to Personal Training

MEMBER

PHONE

DATE

TIME

TRAINER

INTERNAL USE ONLY

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