

Body Blitzer Fitness Centre



"One Body - One Life - One Chance!"

**1113 Raglan Parade
Warrnambool**
(next to Warrnambool Nissan & KIA)
5561 7776

- *Get into the best shape of your life*
- *Improve confidence and self-esteem*
 - *Increase energy and vitality*
 - *Strengthen your heart and lungs*
- *Decrease body fat, increase muscle*
 - *Improve mobility and flexibility*
 - *Train at your convenience*
 - *Look and feel GREAT!*

www.bodyblitzer.com.au

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Body Blitzer Fitness Centre

The Body Blitzer Fitness Centre is Warrnambool's friendliest provider of personal training, short-term programs and basic gym memberships. The Centre offers fitness sessions for the young, the old, the in-shape, the out-of-shape, and anybody who wants to improve their general fitness level.

Qualified instructors run the classes in a fun, friendly and safe environment, helping you to get yourself into shape and to stay in shape.

Our fitness classes are unique – we don't copy or try and reproduce the 'run-of-the-mill' group fitness sessions. We may repeat exercises, but our exercise combinations are varied at every session to keep our classes fresh – that way you stay motivated and your muscles are kept guessing!



We specialise in:

- **Personal training**
- **Weight loss programs**
- **Training children**
- **Group fitness**
- **Boot camps**
- **School groups**
- **Sports teams**
- **Leadership & self empowerment courses**
- **Self defence courses**

Facilities:

- Friendly reception staff
- Two fitness/cardio floors, each 240m², fully matted and equipped for fitness training
- A gymnasium, 100m², equipped with cardio machines, work stations and free weights
- A spin bike room
- Male & female change rooms, showers & detox-box (saunas)

What makes us different?

- We have NO JOINING FEE
- Our casual rates are VERY COMPETITIVE
- All our group fitness (boot camp) sessions are FREE STYLE – this makes for more enjoyable classes with heaps of variety
- Full memberships (3, 6, 12-months) include assessments and programs

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General information & memberships:

Centre hours: 6:00am-7:30pm Mondays to Thursdays.
6:00am to 4:00pm on Fridays. 8:30-9:30am on Saturdays.
Closed on Sundays and public holidays (missed sessions from public holidays can be made up by attending ANY other program session).

Bring a sweat towel and water bottle to every session.

For prices on personal training please check the personal training section of this website, or feel free to contact us.

For prices on short-term programs (boot camps), please check the boot camp section of this website, or feel free to contact us.

Boot camp SUPER PACK memberships (access to any/all programs, excluding personal training) are available for 12 months (\$1299), six months (\$715) and three months (\$390). Payment plans available.

We have basic gym-use only memberships – please enquire.

School students, uni students get 5% off advertised prices.