

Personal Training



Each of our personal training clients undergoes a consultation (see Consultation) to assess their current health and fitness status, and to set realistic goals.

For personal training and small groups, there are *no joining fees*. All sessions must be made by appointment. You can pay per session, or in advance for 20 sessions or more and get 10% discount..

How many times you train per week is completely up to you. To make your personal training more affordable, the rates reduce (per person) when you train with one or more friends.

Fees 2015:

Session	Duration	Price
1 person	1 hour	from \$60 (for 100 sessions or more) to \$88 (1 session at a time)
	½ hour	from \$33 (for 100 sessions or more) to \$44 (1 session at a time)
2 people	1 hour	\$40/person (for 100 sessions or more) to \$60 (1 session at a time)
	½ hour	\$20/person (for 100 sessions or more) to \$30 (1 session at a time)
3-4 people	1 hour	\$30/person (for 100 sessions or more) to \$44 (1 session at a time)
	½ hour	\$15/person (for 100 sessions or more) to \$22 (1 session at a time)

BONUS: PT clients who purchase a minimum of 20 sessions and do PT twice a week have FREE access to the group sessions, gym and sauna.

Please note: 24 hours cancellation notice is required for a booked session, otherwise you will be invoiced for the full amount.

PT packs of twenty sessions or more (two sessions per week) are all MONEY BACK guaranteed.

MONEY BACK guaranteed packs

PT depends on individual goals, for example:

1 person: 60-min PT sessions

Goal	Duration	PT Pack	Pack	Cost/PT	Save
8-12 kg loss	10 wks	30	\$2250	\$75	\$390
10-15 kg loss	15 wks	45	\$3150	\$70	\$810
20 kg loss	25 wks	75	\$4875	\$65	\$1725
25 kg loss	33 wks	100	\$6000	\$60	\$2800
25+ kg loss	POA				

For our range of PT packs, please speak to reception

Consultation

Clients wanting to start a personal training program will firstly receive a one-on-one, no-obligation consultation. We will assess your lifestyle, diet, strength, fitness level, flexibility, blood pressure and body fatit sounds scary, but it's not! Typically, the consultation will take between 30 to 60 minutes.

So why have a consultation?

- To conduct a health, fitness and lifestyle evaluation. This process is non-invasive, non-threatening and will provide you and us with an indication of your current health & fitness levels
- So we can get to know you and identify your motives, needs, limitations, expectations and goals
- To identify your exercise and eating habits
- To discuss injuries and relevant medical conditions
- To set relevant and realistic goals, and create an action plan
- To answer any questions you may have

Achieving what you want requires:

- A vision or goal
- A decision
- A plan of attack
- Structure, time management and preparation
- A good attitude - physical change is as much about your mental status as it is about your body
- Understanding what your body is capable of
- Consistency & some self-control
- Short, medium and long term goals
- Accountability and responsibility to ensure that your plan is being followed, and goals achieved
- Regular reviews to assess progress and modify your plan or goals if necessary

Personal Training

"One Body - One Life - One Chance!"

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



Body Blitzer Fitness Centre
1113 Raglan Parade
Warrnambool
 (next to Warrnambool Nissan & KIA)

bodyblitzer@datafast.net.au
www.bodyblitzer.com.au

Qualifications & experience:



Frank McKenzie, Owner

Frank has the following qualifications/experience:

- Certificate III & IV in Fitness
- Personal Trainer
- Childrens Trainer
- Gym Instructor
- Group Exercise Instructor – Freestyle & Boxing (Thump Level 1 & Advanced)
- Level 1, 2.2 & 2.3 Boot Camp & Outdoor Group Fitness (cardio & circuit programing)
- 5th Dan Black Belt - Funakoshi Karate
- NCAS Level 1 Karate Instructor
- 23 years of karate instructing / 27 training
- Level 2 First Aid

Other Personal Trainers at the Centre



Wendy

Sky

Abbey

How do I get started?

Phone us, or visit us at the Centre, for a no-obligation talk about your health and fitness aspirations. If you decide to go ahead with personal training, your first session will be a free consultation and an introductory work-out. After that, you could be under way with your training within 24 hours!

You can also join in *group fitness classes* or the *gym* for FREE if you do PT at twice a week.

Why choose us?

For this business to be successful, we need to be 'first class' personal trainers. More importantly, we are passionate about what we do and believe in the principles we teach and practice.

We are great believers in setting and achieving goals, and we love helping and seeing our clients achieve their goals.

Frank has a history of working in the fitness industry (having taught karate for 19 years, and done personal training for over five years), during which time he has helped positively transform many kids and adults lives.

If you train with us, we will give you:

- Our wealth of knowledge in fitness training
- 100% effort and our complete attention
- Guidance to reach your goals
- Varied & fun training
- Inspiration & motivation
- Constant feedback & progress updates
- Before & after photos (cameras don't lie)
- A shoulder to lean on when you're totally exhausted (you *will* be - trust us!)

What others say:

Leigh and Carolynne lost 17.5 and 7.3kg respectively in 10 weeks. On the benefits of personal training Leigh and Carolynne said: "PT has given us the motivation not only to get out of bed early to exercise, but also to maintain healthier eating. Being in an environment where we feel supported, encouraged and surrounded by people we trust and have our best interests at hand has made it easy for us to want to keep going. We found that having an individual program has been great and we never really know what Frank has in store for us!"

Lisa, Marcia and Sonia lost 16.5, 13.7 and 15kg respectively in 10 weeks. On the benefits of personal training Sonia said: "Frank's knowledge & expertise as a trainer enabled us to achieve fantastic results. He was always encouraging & our program was always challenging & never boring. As someone who has never enjoyed structured exercise, I can honestly say that the 10-week program was one of the most enjoyable & rewarding things I've done. Thanks Frank & my two training partners – I'm looking & feeling better than ever".

Achievements:

