

Fees 2019

1 person (price per person)

1 hour:\$71 (for 20 sessions or more)
\$90 (1 session at a time)
1/2 hour:\$35 (for 20 sessions or more)
\$44 (1 session at a time)

2 people (price per person)

1 hour:\$43 (for 20 sessions or more)
\$52(1 session at a time)
1/2 hour:\$22 (for 20 sessions or more)
\$32 (1 session at a time)

3 people (price per person)

1 hour:\$32 (for 20 sessions or more)
\$44 (1 session at a time)
1/2 hour:\$18 (for 20 sessions or more)
\$25 (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 and gym*.

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 pack guarantees depend on individual goals, and conditions apply. For example, following nutritional and exercise guidelines and completing a daily written food and exercises diary.

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 and fun training
- Inspiration and motivation
- Constant feedback and progress updates
- Before and after photos
- A shoulder to lean on when your totally exhausted

Feedback from Clients:

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".



Body Blitzer

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BODY BLITZER PERSONAL TRAINING

"One Body—One life—One Chance"



**Please Contact Frank on:
0437 226 615**

- 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!

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 a 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

Frank McKenzie Owner

Qualifications/ experience:

- Level 3 Fitness Professional with Fitness Australia
- Personal Trainer
- Children's Trainer
- Gym Instructor
- Certificate III & IV in Fitness
- Group Exercise Instructor – Freestyle & Boxing (Thump Level 1 & Advanced)
- Level 1, 2.2 & 2.3 Boot Camp & Outdoor
- Group Fitness (cardio & circuit programming)
- 6th Dan Black Belt - Funakoshi Karate
- NCAS Level 1 Karate Instructor
- 27 years of karate instructing / 31 Training
- Oceania WKF (kata and kumite) judge



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.



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