

SMALL GROUP PT

(Four Week Challenge)

"Hit the floor running with our four-week group PT."

"Work harder for better results."

Our small group PT sessions focus on functional movement. Clients are motivated throughout each session to maximise the benefits of each exercise. These popular sessions are a very cost effective alternative to 'one on one' personal training.

There are 3 options:

Option 1 (3 sessions/week):

four-week program start dates:

- Tuesday, 9 February 2021.

Runs 7-7:30am Tue/Thu/Fri.

Option 2 (2 sessions/week):

Four-week program start dates:

- Tuesday, 9 2021.

Runs 6-6:30am Tue/Thu.



Work muscles you didn't know you had with this dynamic small group PT program that focuses on achieving your potential.

Functional training focusing on:

- Increased strength***
- Reduced body fat***
- Improved core***
- Increased muscle tone***
- Enhanced endurance and energy***

Cost:

Cost for 2 sessions/wk: \$112

Cost for 3 sessions/wk: \$152

Bonus: FREE access to bootcamp sessions (see Bootcamp Timetable 2021) for duration of program.

Places are limited. Book NOW.

Phone/text Body Blitzer: 0488 988 938

Email:

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