



Look fantastic in 28 days. Join our dynamic fat-busting, weight smashing fitness generating 4-week program...



Challenge yourself...

- Break a plateau and kick-start your health and fitness program.
- Get results FAST
- Watch your waist line RAPIDLY lose centimetres as you burn body fat
- Boost confidence as your appearance takes on a new & improved look

Twilight Blitz

Advanced 4-week program

Program is for:

- Those who battle to get up early, this is an evening program
- Those who want to lose weight
- Those who are fit, but have reached a plateau
- Those who battle to commit to long term programs
- Busy professionals needing to prioritise their health
- Mothers wishing to regain their pre pregnancy figures.

Twilight Blitz (4-week program) starts Monday 9 April 2018. There are 12, 30-minute sessions at 6pm every Mon, Tue and Thu.

Twilight Blitz will SAVE YOU more than 60% off the cost of personal training. Cost is \$215. Book and pay before the start and get program for \$124 (save \$91).

BONUS: FREE access to gym during program

Places are limited so book NOW. Phone / text 0437 226 615 for booking, or book via email: bodyblitzer@datafast.net.au