

12wk Transition Program



... designed especially for

BEGINNERS & WOMEN ONLY



**NO fear of not being unable to keep up
NO fear of being the slowest, the unfittest, the heaviest!**

- Private Group Training Sessions (*just 4 in a group*)
- Unlimited centre access & classes
- Weekly Nutrition Plans, weigh-ins & Coaching
- *Special VIP Meetings & Adventures*

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To begin...

Commitment Contracts, Goals & Detox Restore Program

Getting the **body & mind** ready is a very BIG part of a **successful weight loss**.

Your first **2 WEEKS** will all be about **Cleanse & Prepare:**

- **Cleansing your self doubt / hate**
- **Cleansing your old beliefs**
- **Cleansing your body of toxins**
- **Prepare your system for change**
- **Preparing & planning your new routines**



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Weekly Training Program

Having the right **support, education & inspiration** WILL drive you very quickly towards your **goals**.

Personal Training has been proven to work most effectively. Weekly Coaching & Mentoring Sessions will ensure you're following the program & training correctly

x2 40min Private Group Training Sessions per week <i>(usually \$22 a session)</i>	<u>Usual Prices</u> \$44 p/wk
Unlimited centre access & classes	<u>\$20 p/wk</u>
Total	=\$60 p/wk

DISCOUNTED to Weekly payments of

\$45

YES ... you get Personal Training twice a week PLUS

Unlimited Workouts / Classes in the centre. Call 9776 9940 to book or find out more.