



GO FOR IT!
Make the COMMITMENT

Girls Only Fun
Results-Focused Program

with Weekly Workout commitments & Food & Training Plans will help you stay motivated & keep track and hold you ACCOUNTABLE to achieve your GOALS!.

Session at your intensity.
ALL FITNESS LEVELS!!



For as little as just \$13 a session...

Book in
Take the Challenge!!!

NOTAGYM

62 Hartnett Dve Seaford
PHONE: 9785 3615

WEBSITE: Notagym.net

EMAIL: notagym@bigpond.com

2021 Term 1 = 8WKS

2nd FEB – 27th MAR



LOCATIONS

Not a Gym and Scheduled Outdoor Locations

TIMES

7:00pm – TUE & THU

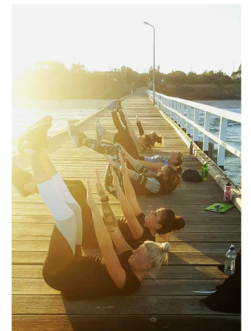
8:00am – SAT



PRICES

Initial 1on1 Assessment

- Health & Fitness Assessment
- Measurements
- Photos
- Diet Consultation
- Goals Set
- Food & Training Plan
- Private Facebook Group Login



=\$45 (approx. 30min) *Return Bootcampers or

=\$75 (approx.. 60min) New Bootcampers

TO BE BOOKED IN the Weekend before the commencement of BOOTCAMP

**Return BC can opt out of Initial Assessment*

Sessions

=\$15ea ... or

Do 3 Sessions a week

=\$39pwk

Pre Paid or weekly debits

*No refund on missed sessions but make-ups available authorized by your Trainer
Debit fees apply*



BONUS - receive discount for additional Gym Classes just \$10ea

REGISTRATIONS ONLINE at Notagym.net