

**PERSONAL
TRAINING**



**GROUP
TRAINING**



**GYM
TRAINING**



NEW CLIENTS
20% OFF
PERSONAL
TRAINING & GROUP
SESSIONS

PRO. PT

Fitness Professionals

*Complete Fitness
Solutions*

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PRO. PT

Fitness Professionals

PERSONAL TRAINING

GROUP TRAINING

GYM TRAINING

Our commitment is to educate and assist our clients adopt a realistic and sustainable approach to long term health and lifestyle management.

PRO.PT Personal Training is the most effective and specific approach to achieve your fitness and goals. We offer:

1:1 Training

10 sessions | 30 minutes \$440
5 sessions | 30 minutes \$235

2:1 training

10 sessions | 30 minutes \$330
5 sessions | 30 minutes \$175

Total Boxing | 7pm Mon and 6pm Thurs Mixed class. Test your cardio fitness with a high energy boxing circuit spiced up with some gut busting ab work.

Total Core | 7pm Tues (mixed) 9.30am Sat/ Thurs (Ladies). Tight gut, tight butt!
A challenging combination of Fitball and Pilates based exercises to strengthen your entire core, improve posture & reduce back pain.

Total Fitness | 7pm Wed (mixed). Get ready for 3000 seconds of intense, dynamic strength & cardio training drills.

Total Strength | 9.30am Tues (Ladies) 7.30am Sat (Men's). Time to toughen up!
A high energy, structured strength training circuit designed to challenge every muscle in your body.

Create Your Own group 10 or more friends Group Training: 10 Sessions \$187
50 minute training sessions

Gym Training is available:

Mon - Thur	6.00am - 10.30am 4.00pm - 8.00pm
Friday	6.00am - 10.30am
Saturday	7.30am - 10.30am

Gym Training Studio Membership enables you the flexibility to train at your own pace.
6 week \$144
12 week \$264
Fitness Profile & Written Report \$99

Complete Fitness Solutions