



Special Dumbbell Promotion –

Register here to receive the 2 x 30 minute personal training sessions for \$49* *Conditions apply*

Contact Brian today on 02 9326 0444 or email brian.barreto@ymca.org.au

Conditions are:

- Persons must become a Fitness Member at Cook + Phillip Park Aquatic and Fitness Centre before 29th February 2012
- Personal Training sessions are valid for 30 days from date of purchase

Only 25% of people who workout achieve their desired results.

9 out of 10 people in that 25% success group have their own Personal Trainer'

Source: IDEA, International Health and Fitness Journal

You will benefit from Personal Training if you.....

- Would like to achieve results faster
- Are pursuing a weight loss goal
- Want to improve muscle tone or posture
- Want to learn advanced training techniques
- Lack consistency in your training
- Need support and motivation to get started
- Require comprehensive dietary guidance
- Want to maximize results in every session