

the "Springboard" PACKAGE

Presented By Master Trainer :

Claire Maddox

the SOLUTION

Are you ready to take control?

This Package will lead you through a large variety of FUN exercises over 30 minutes while monitoring your progress to help you achieve the results you deserve.

By working the whole body consistently, you will see many improvements to your health, core strength & posture and by going the extra step you will get the body you desire.

THE PACKAGE INCLUDES

- ž 1 x 30 minute one on one Personal Training session each week focusing on all aspects including cardio, resistance training, medicine balls and more.
- ž 1 x FREE 30 minute one on one Personal Training session
- ž Personal Training diary
- ž Personal Program updated monthly
- ž Nutritional guidance
- ž Goal setting and re-assessment every 4 weeks
- ž 2 x FREE Personal Training sessions for a friend or family member
- ž Regular educational information via email and Facebook
- ž Social events
- ž 100% money back guarantee

YOUR OPTIONS

All Options are Direct Debit

Fortnightly	Weekly
78	39

CONGRATULATIONS

“Congratulations on making the positive decision to take control of your life, health and fitness, and to start achieving great results.”

Claire Maddox.