



SHAPE UP!



**BODY
TO BURN**

PERSONAL FITNESS



The **Body to Burn** Personal Fitness Shape Up package...

The effective Personal and Group Training solution to help you to get in shape.

Whether you want to kick start your fitness regime, shed a few kilos before a big event or generally start taking better care of yourself, our 6 week Shape Up program will help you.

Intensive 6 week program

- 1 or 2 x 1 hour Personal Training Sessions per week
- 2 x 1 hour Group Training Sessions per week
- Assessment and goal setting
- 6 week healthy eating programme
- 6 week independent exercise programme

Body to Burn Personal Fitness Shape Up packages start from \$540 per person and fortnightly payments are available.

For more information or to purchase your Shape Up package contact Bernie on 0408 264 748, email bernie@bodytoburn.com.au or see our website, www.bodytoburn.com.au

Sign up and make it happen today!

