



ALICIA'S SPECIAL OFFER

Individual and Personalised Program

Two different cardio and weights programs written especially for you. Includes 2 x 45 minute sessions which cover:

Session 1 – During this session we will do a complete Body Composition Analysis, we will discuss setting weight loss and fitness goals, and complete a nutrition assessment.

Session 2– During this session we go over your two programs to make sure you are familiar with the exercises. This package also includes a copy of The Weight is Over and weekly email support for 12 weeks. **Over \$250 value for just \$139.**

Special Personal Training Offer

Purchase 12 x 45 minute sessions and receive a free Personal Training and Nutrition Manual, a copy of The Weight is Over, plus weekly email support over the 12 weeks. - **Over \$800 value for just \$600.**



Do you feel as though it's time to make some serious changes in your life but not sure where to start? Alicia offers training packages that cater to all fitness levels.

Contact Alicia on 0415 445 758 now!

