



# PERSONAL TRAINING



**BODY  
TO BURN**  
PERSONAL FITNESS



## Personal Training with **Body to Burn**.

Perform at your peak with our custom made, personal training system, designed to get you the results you ask for.



### **All Body to Burn Personal Training packages include:**

- assessment and goal setting
- your personal training session/s
- a personalised weekly exercise plan
- nutritional guidance and
- a Body to Burn drink bottle.

Ask us about the Body to Burn **Premium** Personal Training packages too.

Your Body to Burn personal trainer is a fully qualified and insured fitness professional, accredited with Fitness Australia.

3 and 6 month personal training packages are available and we offer flexible weekly and fortnightly payment options.

**For more information or to purchase your Personal Training packages contact Bernie on 0408 264 748, email [bernie@bodytoburn.com.au](mailto:bernie@bodytoburn.com.au) or see our website, [www.bodytoburn.com.au](http://www.bodytoburn.com.au)**