

SMALL GROUP PERSONAL TRAINING Timetable

No membership or joining fees

Phone: 9448 2003 Mobile 0407 694 381

www.tailoredfitness.com.au

E-mail: ann@tailoredfitness.com.au

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am-6.45am			Circuit + Cardio With Chris		Circuit + Cardio With Chris	
9am - 9.45	Ladies Fitt Camp Mawson Park			9am Circuit + Cardio With Callum		Circuit & Cardio With Callum
9.15am		Circuit + Cardio With Ann			Circuit & Cardio With Mike	
3pm-4pm			Over 50 60 70 Fitness & Strength Training with Mike			10.30 Pilates With Michelle
5.45-6.30pm	Circuit + Cardio With Ann		Boys Teen Train With Callum			
6.30-7.15pm	Cycle PT with Ann		Circuit + Cardio With Mike			

Circuit + Cardio - The class to get fit and tone up. Full body weight bearing workout with cardiovascular exercise. Plenty of variety.

Cycle PT - If cycling is for you and you want to improve your fitness, burn calories and shape your legs and butt, this class is for you.

Over 50's Fitness and Strength - a lower intensity all over body workout with cardiovascular benefits too. All levels welcome

Pilates - Looking for a starting point for weight training. Focus on core stability, muscle balancing and stretching. Everyone needs pilates

Ladies fitt Camp - Outdoor "boot camp" for ladies only at Mawson Park in Hillarys. Leave the kids at the playground - we are right there.

Small Groups - Personal Attention - Bookings Essential

- * Bookings are essential as we have capped numbers on our classes (24 hour cancellation policy)
- * Mix your group sessions as you like with circuit-cardio, cycle and Pilates
- * Health appraisal form required to commence program

SMALL GROUP PRICES [All classes casual per session- \\$20 \(Over 50's Class & ladies Fitt Camp \\$15 per class\)](#)

12 sessions - 6 weeks @ 2 sessions per week - \$150

10 sessions - \$17.50 per session - \$175

20 Sessions - \$16.25 per session - \$325

40 Sessions - \$15.50 per session - \$620

