

Guys TEEN TRAIN



Personal Training
Wednesday 4.30pm to 5.15pm

“Improve speed and agility for better coordination or sports performance....”

**Improve Strength & Fitness
Have Fun too**

**Expert Training with your Personal Trainer Callum Mcquiggin
Subiaco Football Club Colts player
\$13 per class – Full term payable**

13- 16 yo

Small personal classes – limit 6

BE QUICK Call Ann NOW

0407 694 381



Benefits of Strength Training

- increases endurance and strength for sports and fitness activities
- improves focus and concentration, which may result in better grades
- reduces body fat and increases muscle mass
- helps burn more calories even when not exercising
- may reduce the risk of short-term injuries by protecting tendons, bones, and joints
- helps prevent long-term medical problems such as high cholesterol or osteoporosis (weakening of the bones) when you get older



www.tailoredfitness.com.au

Tailored Fitness @ Shop 3 Cnr Lilburne & Hilarion Road. DUNCRAIG