

# Personal Training Services @ The Academy Lifestyle Centre

*Fitness is a lifestyle choice and the choices we make have a great influence on the quality of life we live. The Academy Personal Training program is suitable to people of all ages and fitness levels. We will meet with and design an individual program aimed at achieving your personal health and fitness goals.*

*Our programs include:*

*Weight Loss and Maintenance  
Sports Specific—Taekwondo / Boxing / Mixed Martial Arts  
Strength and Conditioning Training  
Cardio Vascular (Aerobic) training  
Anaerobic Training (Pushing the limits)  
Back Care (Strengthening and Rehabilitation)  
Stretching and Flexibility  
Group Fitness (2–5 People)  
Pre Season training for Sports Groups  
And other tailored programs*

**What do the Academy Personal Training sessions include?**

**CONSULTATION**— *Your Academy personal trainer will learn about your fitness goals and objectives and then both of you will have an ownership in achieving them*

**TRAINING PROGRAM**—*Your Academy personal trainer will then customise a training program that is designed to help you achieve your pre-determined health and fitness goals.*

**MOTIVATION**—*Along the way your Academy personal trainer will keep records and help you understand the positive results you are achieving keeping you motivated when times are both great and tough.*

**CHANGES**—*Your Academy personal trainer will change your program to ensure your body and mind are always challenged. This ensures you are always getting the maximum out of your personal training program.*

**CELEBRATION**— *Your Academy personal trainer will share in the celebrations with you once your personal health and fitness goals are achieved. This is the first step in changing your life forever and we will remind you of the importance of continuing regular exercise.*

**What does it cost?**

For individuals and small groups the following rates apply:

<u>TIME</u>	<u>FEE (1)</u>	<u>Group 2 -5</u>
1/2 hour	\$35	\$50
45 mins	\$45	\$70
1 hour	\$60	\$90

Larger groups such as sporting clubs, schools and work places need to discuss their needs with one of the Academy trainers so that an individualised program can be designed to best suit your needs.

**Call the Academy on 9931 0878 to book your personal training program**

