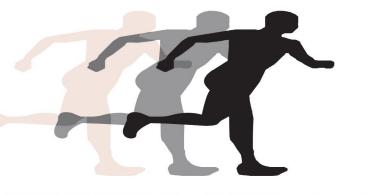
E.S.C.A.P.E







http:// www.facebook.com/ EscapeWithFitness

FITNESS

EXERCISE, STRENGTH, CONDITIONING AND PERFORMANCE EXCELLENCE

Are you ready to **E.S.C.A.P.E** the old you and create the new you? Are you ready to **E.S.C.A.P.E** the laziness and achieve greatness? Are you ready to **E.S.C.A.P.E** stagnation and start progressing?

Hi I'm Jordan Oliva, I have 4 years of knowledge and experience gained from my Exercise Science Degree, Strength & Conditioning and Personal training.

When feeling overwhelmed by a far away goal, repeat the Following: I HAVE IT WITHIN ME RIGHT NOW, to get me where I want to be.

YOU CAN change your life for the better, **YOU CAN E.S.C.A.P.E** the old and become a stronger, fitter, faster and healthier person.

So why not hire me as your personal trainer and take the challenge to earn the reward?

- Outdoor Cross Training
- Sports Performance
- Body Transformation
- Nutrition
- Program Writing
- Fitness Testing



Please call for a free consultation and to book sessions



Williamstown and Surrounds 0421-545-901 Jordan.Oliva90@gmail.com