

PHIL KELLY TRAINING **(PKT)**



**WANT TO GET
FIT?**

**NEED TO GET
STRONGER?**

**WANT TO GET
HEALTHIER?**

**NEED TO GET
MOTIVATED?**

**If you answered *YES...*
Here's how I can help:**

→ *Small group training* targeting strength & fitness.

→ *Challenging, fun* workouts.

→ *Indoor & outdoor training* in a driven yet supportive environment.

→ *All abilities are welcome* with daily programs specific to athletes or average joe's.

Improving health & fitness levels needs YOU take ACTION.

Come & try out the PKT experience and feel the difference small group training can make to your body and mind.

Phil Kelly, is a Level 1 ASCA Strength & Conditioning Coach with over 6 years experience in the Fitness Industry.

For more information contact Phil via email/phone at:

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Goonellabah * Lismore