

We are passionate about healthy living, join us now to;

- Take the plunge and start your healthy lifestyle
- Gain strength
- Improve fitness & overall health
- Have more energy
- Look and feel fantastic
- Reduce the risk of diabetes and heart disease



PLATINUM

10-week challenge

21st Sep- 29th Nov 2014

PERSONAL TRAINING

1378 Logan Rd, Mt Gravatt

Nutrition	Exercise	Support
<ul style="list-style-type: none"> • Delicious meal ideas • Nutritional information sessions • Eat right on a budget • Share ideas with others 	<ul style="list-style-type: none"> • 3 weekly training session • Beginner to advanced • Competitions • Fitness tests • Prizes 	<ul style="list-style-type: none"> • Weekly emails • Support group on facebook • Regular support meetings • Email access to your trainer • Support from your team members
<p>At Platinum Studio 1378 Logan Rd, Mt Gravatt</p>	<p>At Glindemann Park, access via Logan Rd or lawn St Holland Park</p>	

Sign up now and get your T-shirt & water bottle.

Outstanding value at \$49 per week, get in quick capping at 20 participants.

Only At
Platinum Personal Training