

Welcome to bodySharp



Bodysharp Personal Training

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Are You Ready To Make a Change in Your Life? Welcome to Bodysharp Personal Training.

One-on-one personal training can seriously cut into your budget, or even stop you from training all together. By training in a small group however, you still receive personal attention and consultation, but at a much more affordable price.

The workouts are so effective you can achieve great results with only two to three sessions per week. So, not only are you saving money, you are getting the most out of your valuable workout time.

As an added benefit, by training in a group, you'll enjoy the supportive attitude of your like-minded workout partners. The extra motivation and positive energy will take your efforts to the next level. After all, no one wants to be a slacker when everyone else is putting in 100%.

Add to this the professional instruction, guidance and top-notch workouts and you have a recipe to whip your body into shape. Our trainers are all fully qualified and are happy to give alternative exercises at any time if you feel uncomfortable or to accommodate any injuries.

We know that exercise can get boring after a while, so that's why we have a variety of trainers and sessions for you to choose from. The trainers follow our structured routines, but they all have their own style of delivery to keep you from getting stale.

The group sizes are limited to 10 people, so you can receive maximum attention from your trainer. Please let us know which sessions you're coming to before you arrive so we can keep our numbers under control.

We don't believe in lock-in contracts at Bodysharp, so once you've signed up you can suspend or cancel your membership at any time. There are no joining or administration fees either.



Fitness Assessment and Private Consultations

If you're looking for a bit of added motivation, or you just want some one-on-one time with your Bodysharp trainer then why not book in for a private consultation. Our private consultations are held at our head office in Camberwell and run for 45 minutes.

Your trainer will help you set your health and fitness goals and then create an action plan for you to achieve them. Your goals could include:

- › Weight Loss
- › Sports Specific Preparation
- › Injury Rehabilitation
- › Exercise Form and Technique Improvement
- › Running and Cycling fitness
- › Increased Motivation
- › Boxing Technique Refinement

We recommend that all new Bodysharp members book in for a private consultation to get your new fitness regime started. Setting achievable goals will help you to stay motivated in the long-term.

Your private consultation can also include a fitness assessment. Your fitness assessment helps you to monitor your progress while you train at Bodysharp. The main markers your trainer can measure are:

- › Blood Pressure
- › Resting Pulse Rate
- › Body Weight
- › BMI
- › Upper Body Strength
- › Lower Body Strength
- › Core Strength
- › Girth Measurements
- › Waist/Hip Ratio

If there are any other specific measurements you would like taken then please ask your Bodysharp trainer. We're always happy to oblige!



I Want To Lose Weight, Do I Need To Change My Diet?

YES! Changing your diet as well as starting an exercise routine will make a huge difference to your life. You don't have to make major changes all at once, just take baby steps in the beginning. If you're trying to lose weight, your diet will be crucial.

Exercise will help you feel better and tone up, but it won't help you lose weight if your diet is rubbish. A hard Bodysharp training session can burn between up 500 calories, which is equivalent to one king sized mars bar.

You should follow a diet based on fresh and unrefined food sources. This includes fresh fruit, vegetables, lean protein, nuts, legumes and some whole grains. To maximize your fat loss from your training you should aim to minimize your intake of refined carbohydrates and saturated fats.

Every calorie you consume should come with a variety of vitamins, minerals and fibre. This will occur by eating mostly whole foods. Remember to shop around the perimeter of the supermarket, that's where all the fresh food is located. As a general rule, if it can be bought in a packet you probably shouldn't be eating it.

If you're the kind of person that likes to eat a lot of food, try to bulk out your diet with fibre. The easiest way to get fibre in your diet is to eat foods that are as unrefined as possible. Good sources include dried fruit, oats, bran and wholegrain breads. The important thing to know about fibre is that you must drink a lot of water for it to work. The fibre will absorb a lot of the water which helps to give you that full feeling (and keep you regular!).



Testimonials: Here's What Bodysharp Members Had To Say

Exercise is quite honestly not one of my favourite things to do. Training with Dave however, makes a necessary part of life worthwhile through seeing results, and the support Dave gives to his clients makes sticking to a healthy routine possible. The sessions are fun and rewarding and now an integral part of my life." Susie, Glen Iris.

"6:15am!!! I thought you had got to be kidding!?! Well, Dave wasn't. Dave wasn't kidding either when our sessions were still running on those 2 degree mornings through winter. I can now say, there is no better way to start a morning - especially during winter when you think it'll be the hardest!!! The feeling of accomplishing something before getting to work is rewarding! I have come out with obvious improvements and many achievements - some are worth mentioning: ONE - never say never! And TWO - I like to think that I now have bigger guns than Dave. :)" Ophelia, Glen Iris

"January 2009 - the year I am dreading because I have to get fit. May 2009 - loving going to training for the fitness, the friends, the fun. Thanks Dave!" Helen, Glen Iris

"Just a quick note to say thanks for your ongoing motivation and for making the sessions so varied and interesting. It has been seven months since my first session and my fitness and strength continues to improve. I have lost weight and have a heap more energy - I feel fitter and my clothes are fitting better as well!! I really enjoy the social aspect of each of your sessions and have never enjoyed exercising as much before." Jo, Camberwell

"Our exercise classes have become such a big part of our lives; us, who love to sludge just a little too much have found ourselves turning into mush. Now we egg each other on, to see how many times we can do our classes in the week. (Bron's winning, by the way). Dave has always been a delightful coach, ready with a quip (at our expense), and always with a smile. Despite his gently encouraging tones in class, his SMS's are short, sharp and to the point. "Where were you today?" This is exactly what we need, and now seek out the torturous Sat morning run and the 1 min prone hold. Hey, we're surprising ourselves!"

Sean and Bron, Ashburton



What Types Of Sessions Does Bodysharp Offer?

Strength and Tone

A full body workout starting with heart pumping cardio followed by exercises targeting all of your major muscle groups. The strength and tone workout is designed as an ‘all-round’ session to increase your fitness, build your core strength and tone up your problem areas.

Bootcamp

A high intensity cardio workout that is not for the faint hearted. Our trainers are told to “let loose” when they take a bootcamp so be ready for anything. Before you do a bootcamp session you should have a moderate level of fitness and be injury free. If you’re not at this level yet, then build your fitness in the Strength and Tone and Boxing Fitness classes until you’re ready.

Running Group

We run two types of Running Groups on Saturday mornings, beginners and advanced. We focus our Running Groups on preparation for the major fun runs such as Run For The Kids and Melbourne Marathon. The majority of Bodysharp members do 5km and 10km events but there are a few half and full marathon runners among them. If you’re looking to increase your running fitness during the week then try our early morning Bootcamp sessions.

Boxing Fitness

A cardio fitness session that uses boxing gloves and focus pads. If you’re looking to increase your fitness, tone up and let out some frustration at the same time then this is the session for you. No boxing experience is required and the sessions cater to all fitness levels. Gloves and pads are supplied, but we recommend that you get your own set eventually.

Please note: It is our policy that our trainers will never make you do any exercises that you are not comfortable with. If you cannot do an exercise due to an injury or lack of strength **do not do it** and let your trainer know so they can give you a suitable alternative.



I'm Ready To Get Into Shape, How Do I get Started?

When you join Bodysharp, you can choose from two different levels of membership. For the best results in the shortest time, try our Unlimited Membership. If you're on a budget or short on time, try our Limited Membership.

Q: What is the difference between the memberships?

A: A Limited Membership entitles you to attend two Bodysharp training sessions a week. An Unlimited Membership allows you to attend as many sessions as you like. There are also Family/Friends Memberships available, talk to us about our tailored packages.

Q: What if I'm on a tight budget?

A: No problem, we aim to make group personal training affordable to everyone. We can offer discounted memberships if you sign up with a friend or family member. There are also student memberships available (for full time students only).

Q: What happens if I decide to cancel my membership?

A: You are free to suspend or cancel your membership anytime at no charge. You are not locked into any contracts. Just send an email to confirm to admin@bodysharp.com.au.

Q: What if I cannot attend a session?

A: You can make-up for any missed sessions by attending an alternative session in the same fortnight. Just make sure you let us know which session you'll be attending.

Q: What happens if I go away on holidays or I am sick?

A: You can suspend your membership at any time (1 week minimum) by sending an email to admin@bodysharp.com.au.

Q: What are the payment terms?

A: Your nominated bank account or credit card will be debited every fortnight on a Thursday.



DIRECT DEBIT REQUEST**ABN: 81 129 416 885**admin@bodysharp.com.au**Your Details |** *Please complete this form using a BLACK PEN*

Surname:	Name:	Phone:	Email:	
Address:		Suburb:	State:	P/Code:

Debit Arrangement | Including payment details and associated fees/charges detailed below and/or the total amount billed for the specified period for this and any other subsequent agreements or amendments between me/us and the Business and/or Ezidebit**Membership Type: (tick box)**

- Limited Membership (two sessions per week) - \$70.00 per fortnight
 Unlimited Membership (unlimited sessions) - \$90.00 per fortnight

Discounts: Referred a friend to Bodysharp (10% discount) VIP/Full Time Student (15% discount)

- Family Limited Membership (two sessions per week per person) - \$110.00 per fortnight
 Family Unlimited Membership (unlimited sessions for two people) - \$130.00 per fortnight

Regular Debits Starting on: Continue debits until further notice: **Choose Your Payment Method | Bank Account or Credit Card** **Debit From Credit Card**

- Visa Mastercard Amex Diners

Card Number: Expiry: Name of Cardholder:

By signing this form, I/We Authorize Ezidebit, acting on behalf of the Business, to debit payments from my specified Credit Card above, and I/We acknowledge that Ezidebit will appear as the merchant on my credit card statement. Furthermore, I/we agree to reimburse and indemnify Ezidebit for any claims made against the Card Holder through their financial institution against Ezidebit.

 Debit from Bank, Building Society or Credit Union AccountFinancial Institution: Branch: BSB Number: Account Number: Account Holder Name:

I/We authorize Ezidebit Pty Ltd ACN 096 902 813 (User ID No 165969) to debit my/our account at the Financial Institution identified above through the Bulk Electronic Clearing System (BECS) in accordance with the Debit Arrangement stated above and this Direct Debit Request and as per the Ezidebit DDR Service Agreement (Ver 1.3 provided). This authorization is to remain in force in accordance with the terms and conditions on this Direct Debit Request, the provided Ezidebit DDR Service Agreement (Ver 1.3) and I/We have read and understand same.

Signature (s) of Nominated Account: **Date:** 

Ezidebit Terms and Conditions

I/We hereby authorise Ezidebit Pty Ltd ACN 096 902 813 (Direct Debit User ID number 165969) (herein referred to as "Ezidebit") to make periodic debits on behalf of the "Business" as indicated on the attached Direct Debit Request (herein referred to as "the Business").

I/We acknowledge that Ezidebit is acting as a Direct Debit Agent for the Business and that Ezidebit does not provide any goods or services (other than the direct debit collection services to me/us for the Business pursuant to the Direct Debit Request and this DDR Service Agreement) and has no express or implied liability in regards to the goods and services provided by the Business or the terms and conditions of any agreement that I/we have with the Business.

I/We acknowledge that the debit amount will be debited from my/our account according to the terms and conditions of my/our agreement with the Business and the terms and conditions of the Direct Debit Request (and specifically the Debit Arrangement and the Fees/Charges detailed in the Direct Debit Request) and this DDR Service Agreement.

I/We acknowledge that bank account and/or credit card details have been verified against a recent bank statement to ensure accuracy of the details provided and I/we will contact my/our financial institution if I/we are uncertain of the accuracy of these details.

I/We acknowledge that it is my/our responsibility to ensure that there are sufficient cleared funds in the nominated account by the due date to enable the direct debit to be honoured on the debit date. Direct debits normally occur overnight, however transactions can take up to three (3) business days depending on the financial institution. Accordingly, I/we acknowledge and agree that sufficient funds will remain in the nominated account until the direct debit amount has been debited from the account and that if there are insufficient funds available, I/we agree that Ezidebit will not be held responsible for any fees and charges that may be charged by either my/our or its financial institution.

I/We acknowledge that there may be a delay in processing the debit if:-

- (1) there is a public or bank holiday on the day of the debit, or any day after the debit date;
- (2) a payment request is received by Ezidebit on a day that is not a banking business day in Queensland;
- (3) a payment request is received after normal Ezidebit cut off times, being 4:00pm Queensland time, Monday to Friday.

Any payments that fall due on any of the above will be processed on the next business day.

I/We authorise Ezidebit to vary the amount of the payments from time to time as may be agreed by me/us and the Business as provided for within my/our agreement with the Business. I/We authorise Ezidebit to vary the amount of the payments upon receiving instructions from the Business of the agreed variations. I/We do not require Ezidebit to notify me/us of such variations to the debit amount.

I/We acknowledge that Ezidebit is to provide at least 14 days notice if it proposes to vary any of the terms and conditions of the Direct Debit Request or this DDR Service Agreement including varying any of the terms of the debit arrangements between us.

I/We acknowledge that I/we will contact the Business if I/we wish to alter or defer any of the debit arrangements.



I/We acknowledge that any request by me/us to stop or cancel the debit arrangements will be directed to the Business.

I/We acknowledge that any disputed debit payments will be directed to the Business and/or Ezidebit. If no resolution is forthcoming, I/we agree to contact my/our financial institution.

I/We acknowledge that if a debit is returned by my/our financial institution as unpaid, a failed payment fee is payable by me/us to Ezidebit. I/We will also be responsible for any fees and charges applied by my financial institution for each unsuccessful debit attempt together with any collection fees, including but not limited to any solicitor fees and/or collection agent fee as may be incurred by Ezidebit.

I/We authorise Ezidebit to attempt to re-process any unsuccessful payments as advised by the Business.

I/We acknowledge that certain fees and charges (including setup, variation, SMS or processing fees) may apply to the Direct Debit Request and may be payable to Ezidebit and subject to my/our agreement with the Business agree to pay those fees and charges to Ezidebit.

Credit Card Payments

I/We acknowledge that "Ezidebit" will appear as the merchant for all payments from my/our credit card. I/We acknowledge and agree that Ezidebit will not be held liable for any disputed transactions resulting in the non supply of goods and/or services and that all disputes will be directed to the Business as Ezidebit is acting only as a Direct Debit Agent for the Business. I/We acknowledge and agree that in the event that a claim is made, Ezidebit will not be liable for the refund of any funds and agree to reimburse Ezidebit for any successful claims made by the Card Holder through their financial institution against Ezidebit.

Ezidebit will keep your information about your nominated account at the financial institution private and confidential unless this information is required to investigate a claim made relating to an alleged incorrect or wrongful debit, or as otherwise required by law. Further information relating to Ezidebit's Privacy Policy can be found at www.ezidebit.com.au

I/we acknowledge that Credit Card Fees are a minimum of the Transaction Fee or the Credit Card Fee, whichever is greater as detailed on the Direct Debit Request.

I/We authorise:

- a) Ezidebit to verify details of my/our account with my/our financial institution; and
- b) my/our financial institution to release information allowing Ezidebit to verify my/our account details

