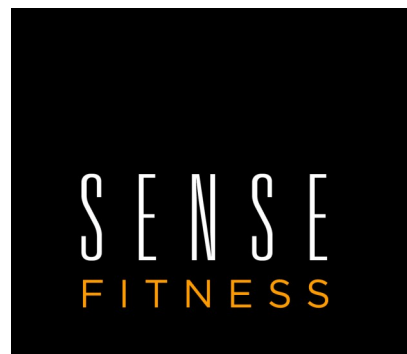


SENSE FITNESS

SENSE FITNESS IS DEDICATED TO HELPING YOU ACHIEVE YOUR FITNESS GOALS IN A FUN, MOTIVATIONAL AND CARING ENVIRONMENT.



WELCOME TO THE FAMILY!

Thank you for joining me in helping you to reach the health & fitness level you're after, I look forward to our first session!

Before we begin it would be great to get a few "admin" things sorted:

- Please complete the "Health Questionnaire" on the website www.sensefitness.com.au/health-questionnaire. This will help me to look after any requirements you may have.

- Please make payment via direct deposit:

BSB: 112-879

Account number: 440 091 508

Name: Sense Fitness

Reference: Your name

- *If you have not already arranged a session with me directly*, please book in your preferred appointment time/s and location/s via the website (www.sensefitness.com.au/book) or on the Facebook page ("Book appointment" tab). This will ensure that you grab the spot and receive an email reminder about your booking 24 hours before.
- Cancellations: Please call me on 0450 112 077 to cancel or reschedule, preferably with 24 hours notice so that we can help another client with their fitness.
- Late policy: you will have the rest of your session as booked
- After your appointment we would love it if you could please leave a review on the Facebook page and / or submit a testimonial for our website so that we can help reach more people to get fit and have fun while doing it!
- Please remember to bring a towel and water bottle with you— see you soon!

Ash Peters

SENSE FITNESS

Phone: 0450 112 077

E-mail: ash@sensefitness.com.au

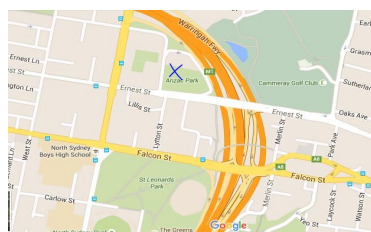
Web: www.sensefitness.com.au

Facebook: [sensefitness.au](https://www.facebook.com/sensefitness.au)



Current group fitness sessions

- 6:30pm Monday
- 6:30pm Tuesday
- 6:30pm Thursday



Held in Anzac Park,
Cammeray