

**NO GYM MEMBERSHIP REQUIRED!**



**CHRIS WISEMAN ~ PERSONAL TRAINER**

**0418 515 101**

At Fortitude Health & Fitness Training my aim is to help my clients achieve their goals in a fun and enthusiastic environment. Classes and physical training sessions are tailored to the needs and ability of each individual client and are designed for any age and fitness level.

**SPECIALTIES:**

- GROUP OUTDOOR FITNESS
- PERSONAL TRAINING
- ATHLETE DEVELOPMENT
- PROGRAM DEVELOPMENT

Sessions will take place in the Harrisdale/Canning Vale area with gym facilities to be utilized in Harrisdale and North Lake.

If you are a business owner or would be interested in corporate fitness for yourself and your colleagues please do not hesitate to contact me for a quote.

**PRICES**

**GROUP OUTDOOR FITNESS:**

1 session (45mins) . . . . .	\$15
5 sessions . . . . .	\$65
10 sessions . . . . .	\$110
20 sessions . . . . .	\$195

Please contact Chris on  
**0418 515 101**  
for training times and locations.

**PHYSICAL TRAINING SESSIONS:**

30 minute session . . . . .	\$40
45 minute session . . . . .	\$50
(Discounts apply for groups of 2 or more)	
60 minute session . . . . .	\$60

**SPECIAL OFFERS**

Buy 5 sessions and receive  
**ONE FREE**

Buy 10 sessions and receive  
**TWO FREE**

For further information please visit or email

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