

YOUR LIFE PT

PERSONAL TRAINING FOR A BETTER LIFE

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**MORNING &
AFTERNOON CLASSES**

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**NUTRITIONAL
GUIDANCE**

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BETTER BOOTY BUSTER

**VISIT
OUR
WEBSITE**

www.yourlifept.com

LOCATIONS: ZETLAND & SYDNEY CBD
T : 0450 344 784 | E : neil@yourlifept.com

1-ON-1

Starting from \$55.00

Indoor or outdoor, invite a friend for free!

Indoor Options:

Join me at my gym in Zetland or I can come to yours. I also have a location at Odyssey Health Club & Spa Circular Quay.

Outdoor Options:

I operate at several parks around Zetland & the Sydney CBD, contact me for your location.

MORNING & AFTERNOON CLASSES

LIMITED TO 8 PEOPLE SO REGISTER YOUR INTEREST ONLINE ASAP

5am (CBD) & 5.30am (ZETLAND)

DAWN BREAKERS

For the early riser... 40min full body circuit style training. Start the day with a real bang!

5.30pm (ZETLAND)

SUN SETTERS

End of the day 60min session, 30 min circuit with a 30 min stretch and cool down to settle the mind and body.

NUTRITIONAL GUIDANCE

Here is where the magic happens. I am lead weight loss trainer at Odyssey Health Club and Spa. I offer you my years of knowledge and my personal assistance in fine tuning all of your nutritional aspects. We are all bombarded with diet based articles every hour. Let me take that confusion away and lead you to a life of healthy eating and living.

BETTER BOOTY BUSTER

LIMITED TO 8 PEOPLE SO REGISTER YOUR INTEREST ONLINE ASAP

10am & 1.45pm (ZETLAND & CBD)

Lets have fun and get those buns in shape hun!

Join me for a 40min circuit style session with a focus on our fav body part... the booty!



FOR MORE IN GO TO MY WEBSITE:

yourlifept.com