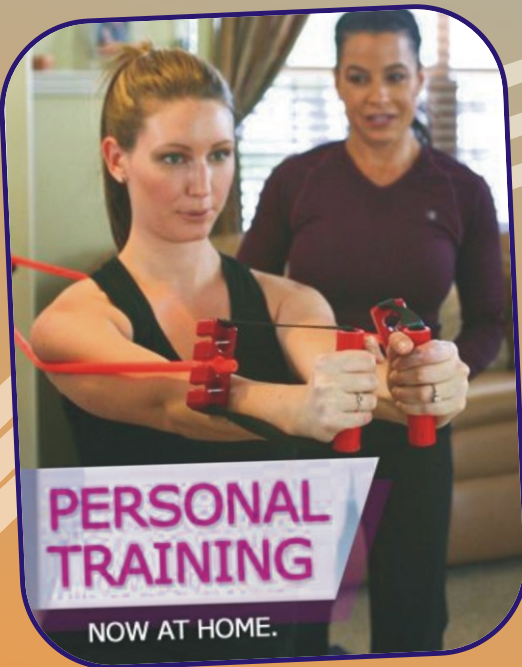


## Our Services

- Personal Training for men & women
- Programs for all age groups
- Nutrition Coaching & Weight Management
- WeddingFIT posture & weight loss
- Pre & Post-Natal fitness programs
- Specialised seniors trainers
- Bosu Core Strength Training
- Punchfit (cardio fitness) Training
- Complete Body Reshaping



More information at:  
[www.hillsdistrictpt.com.au](http://www.hillsdistrictpt.com.au)



Kerryanne Le Clere—Senior Trainer

AUSTRALIAN INSTITUTE OF  
**PERSONAL TRAINERS**

Trio Investments Pty Ltd T/as

**ACS Personal Training**

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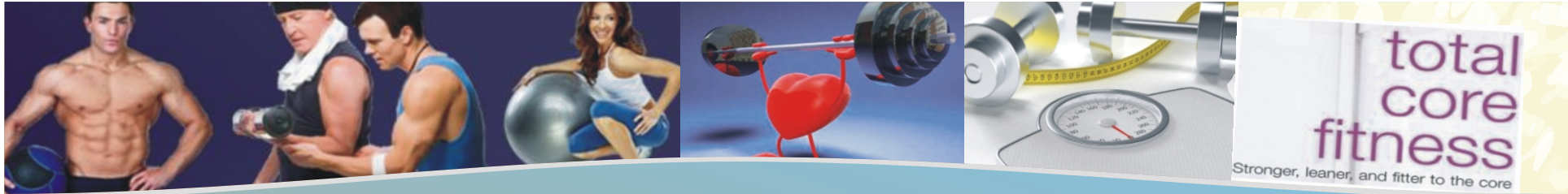
Your Local Personal Trainer

**Get Fit at Home**  
We bring the gym to you..



Welcome to  
**ACS Personal Training**  
Achievement Confidence Success

**Mob: 0410-655612 Tel: 02 9894-0461**



## Health Central

Our passion is the good health and vitality of our clients. We strive to deliver the most affordable and accessible training programs in the Hills District. Our prices are structured to allow you more training time than many of the large gym chains provide in their membership/PT packs.

You can choose a trainer who's specialty meets your needs. This will ensure you get the results you want faster. In addition you will enjoy the privacy and convenience of training at home.

Call Kerryanne today to arrange an obligation free consultation and fitness assessment.

**Mobile: 0410-655612**



"Champions aren't made in gyms. Champions are made from something they have deep inside them .... a desire, a dream, a vision."  
*Muhammad Ali*

## Expert in:

- Increasing metabolism to quickly burn fat
- Building firmer arms hips butts & thighs
- Making tummies flatter
- Shrinking bodies 1 to 2 dress sizes
- Turning fat to muscle - shedding kilo's
- Toning-up and producing definition
- Creating confidence & commitment



## Training Options

*In-Home PT*  
*1 on 1*  
*30min*



*In-Home PT*  
*1 on 1*  
*45min*



*In-Home PT*  
*1 on 1*  
*60min*



*In-Home PT*  
*Group x 2*  
*60 mins*



*In-Home PT*  
*Group x 3*  
*60 mins*



*Outdoors*  
*Boot Camp*  
*Groups*

- AIPT CERT III AND IV
- CPR & FIRST AID CERTIFIED
- WEIGHT LOSS PRACTITIONER
- PUNCHFIT INSTRUCTOR
- THUMP CERTIFIED -
- BOSU & EXPLODE TRAINER
- PRE & POST NATAL QUALIFIED