

Extra Stuff

At Contours we believe that you should be rewarded for your success and also have a little fun along the way. So our members have exclusive access to:

- 6 Week Challenges
- Discounts with national retailers
- Member promotions
- Motivation sessions

And so much more....

If you have any questions, please don't hesitate to contact us, we look forward to sharing our secret women's fitness with you soon.



Shhhhhh...
**It's secret
women's fitness**

contours.net.au
1300 266 868
CONTOURS

Contours
Fitness for women on the go.

A bit about us

Our 29 minute workout has been designed by women for women. It focuses on our 'tricky-areas' - you know; our arms, bellies, butts and thighs. The workout combines cardio and resistance training to help speed up your metabolism, tone up and even shed a few kilos.

Why Contours?

We ensure that we understand your goals and help you work toward them by providing you with one-on-one training sessions, nutritional advice and meal guides.

We believe that real women should use real weights, so each of our studios is equipped with pin weight systems. Some other groups only use hydraulic weights which have limitations on the amount of resistance you can add meaning your workout becomes less effective over time. Our machines ensure that your fitness will never plateau, because you can keep challenging yourself the stronger you get.

Measuring your success

Contours was one of the first fitness groups in Australia to offer our members **BioAge fitness assessments**. We worked with the Human Performance Institute (the consultants to 'The Biggest Loser'), to provide this scientifically backed method of assessing your overall health and wellbeing. This is because unlike some gyms that purely concentrate on weight loss we know that there is more to fitness than just the amount of kilos you loose.

Our aim is to help you improve your overall health and fitness and we can do this using the BioAge health check because it measures a variety of factors including; stress, diet, flexibility, muscular endurance and cardio vascular fitness. From this we can calculate the health age of your body and compare it to your actual age. We will then provide you with a comprehensive report and help you close the gap and get you feeling fitter and younger in no time!

