

# urban fitness pt

Enhance your fitness lifestyle

Outdoor PT  
Individual & Groups

## Need motivating? Too busy for the gym?

Try outdoor personal training, I am a certified PT working in your local area

### I specialise in Women's Fitness

- ☺ Weight loss
- ☺ Toning
- ☺ Strength & fitness
- ☺ Pre/post natal training
- ☺ Mums & bubs

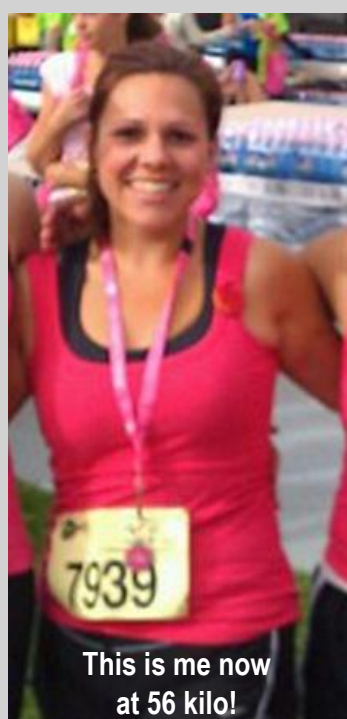
### My promise to you

- ☺ I will motivate, inspire & support you
- ☺ Help you reach & maintain a healthy weight
- ☺ Improve your fitness levels
- ☺ Breakthrough plateaus
- ☺ Help you reach your personal goal

**It starts with a desire!  
You too can do it, I believe in you.**



This was me 6yrs ago  
at 80kilo  
I'm 155cms!



This is me now  
at 56 kilo!

### I've been there, got the T-shirt!

I thought it was important to share with you my personal journey. After my second child I finally realised it was time to do something for me so I started eating healthily & put the wheels in motion to make exercise a habit, this journey helped me to loose over 20kgs. I found a passion for fitness and retrained to become a PT myself so that I could help people that were just like me.

It's my absolute passion in life to help other people who are just how I used to be – fed up with feeling uncomfortable and not knowing where to start and too afraid of entering a gym.

Let me help you be your personal best.

**No excuses your first PT session is FREE!**

Go to  for further details.

Ashleigh Preedy, **Certified Personal Trainer**  
m: 0450000133 to secure your FREE session  
e: urbanfitnesspt@gmail.com

 [www.facebook.com/urbanfitnesspt](http://www.facebook.com/urbanfitnesspt)

**urban fitness pt**  
enhance your fitness lifestyle