

Motivate & create

PERSONAL TRAINING



Kick start your
NEW YEAR
with a **FREE Workout** to get
Motivated & Create a **NEW YOU!**

Limit 1 per person - OR - book in & mention this flyer
& bring a friend for FREE for 1 Whole Month!

Goal Planning Fitness Assessments
Training & Nutrition Advice
Fun & Varied Workouts
Personal, Couple or Group Training Available

Perfect time of year...perfect chance to change...
perfect reason to stop putting your future in the too
hard basket... perfectly affordable!!

GET MOTIVATED
& **CREATE A NEW YOU!**

CHECK OUT:

www.motivateandcreate.com

CONTACT: Laura Hill 0404 094 383

EMAIL: motivateandcreate@gmail.com



KEEP THIS VOUCHER
FOR A FREE WORKOUT
OR TO ENTITLE YOU TO BRING
A FRIEND FOR FREE FOR 1 MONTH!



Conditions Apply