

So you have now met our amazing  
Wellness Coaches Benjo and Lisa!  
Check out their latest news and promotions

Commencing April

Benjo has availability  
for 1 on 1 Personal  
Training Sessions on  
Tuesday & Thursday  
4pm – 8pm

30min Training and  
Transformation Sessions  
Special ongoing rate  
only \$30

To book please contact  
Tennielle on 9271 9300  
Limited Spots Available

Benjo delivers Results  
with Experience and  
Passion



*"I can help you manipulate  
your body and the facets of  
your life needed to get you  
into your best possible  
condition."* - **Benjo**

*"My aim is tailor your  
experience based on an  
initial meet and greet and  
to ensure your comfort and  
satisfaction requirements  
are met."* - **Lisa**

Massage Therapy

Experience an  
extensive range of  
massage techniques.

Lisa is mindful of the  
overall experience -  
using quality oils and  
lotions with soothing  
music or silence –  
however you prefer.

Promotional Offer  
1 hour full body  
Only \$65

Appointments available  
Call 9271 9300