



*Creating changes  
beyond belief*

# **SURREAL P.T.**

## Outdoor Personal Training

### **One-on-One and Group Personal Training**

- Resistance Training
- Cardio Training
- Weight Loss Training
- Sports and Core Specific  
Strength and Conditioning
- Surreal-Kids
- Box-fit
- Boot Camps
- Nutritional Support

### **Programs designed to help achieve YOUR health and fitness goals!**

- 30-45min session
- Health and fitness  
review

**Book now for  
your free health  
and fitness  
review**

**Aaron Shedlock**

**SURREAL OUTDOOR PERSONAL TRAINING**

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Or

Enter my name, check out my profile and make a booking at

<http://www.trainlikehell.com.au/booking-page1.php>