

Prices

Per Sessions Prices

| | 1 on 1 | 2 on 1 |
|--------|--------|--------|
| 30mins | \$35 | \$45 |
| 45mins | \$50 | \$60 |
| 60mins | \$60 | \$70 |

Package

(Buy 10 upfront, get 1 free)

| | 1 on 1 | 2 on 1 |
|--------|--------|--------|
| 30mins | \$350 | \$450 |
| 45mins | \$500 | \$600 |
| 60mins | \$600 | \$700 |

Group and Corporate programs also available.

- Options include boxing, circuit, and running etc.
- Catered towards all levels
- See website for details on current groups.

Contact

General Opening Hours

Monday - Friday

6am - 12pm &
4pm - 8pm

Saturday

8am - 12pm

(Outside of opening hours available, simply contact trainers)

FREE Initial Consultation available by appointment.

Greg Bindokas

0413 850 535

greg@next-phase.com.au

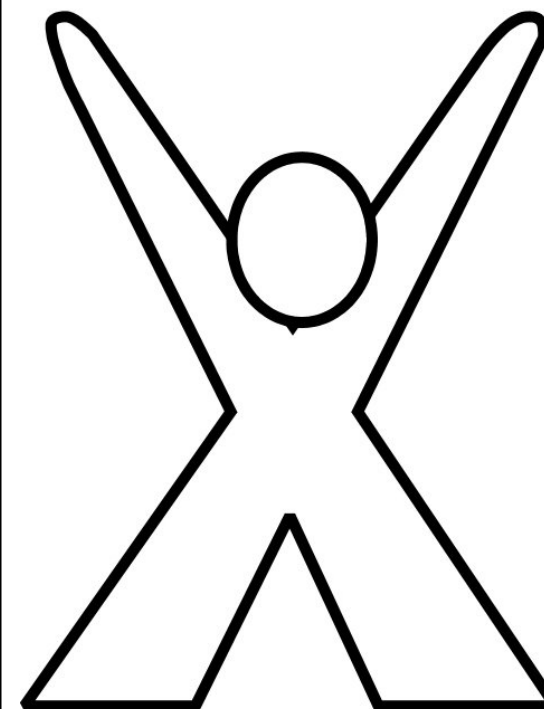
Jamie Smith

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**418 Mt. Alexander Rd.
Ascot Vale**



**Personal Training
Studio**

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Ascot Vale

next-phase.com.au

Personal Training

If you want to:

- Lose Weight
- Increase Energy & Strength
- Improve your Quality of Life
- Look and Feel Great

Next Phase Health & Fitness

is a great way to start.



Next Phase

is a

Private Training Studio

NO crowds, NO mirrors

(Just you and your trainer)



We plan sessions that are specific to your personal abilities, needs and goals. Each session will be different and we aim to make it interesting and enjoyable for you.



So draw on our extensive personal training experience to give you the best opportunity of achieving your physical health and fitness goals.

Greg Bindokas

Qualifications:

- Bachelor of Applied Science (Human Movement)
- Bachelor of Information Technology
- Registered Personal Trainer
- Registered Fitness Professional
- Level 1 ASCA Accredited Strength & Conditioning Coach



Experiences:

- Personal Trainer for over 4 years
- Fitness Instructor for over 6 years
- Head Fitness Coach - Aberfeldie Footy Club
- Ass. Fitness Coach - Kangaroos Footy Club
- Trainer with A.I.S tennis squad & Ballarat Miners.



Testimonial:

I started training with Greg just over 12 months ago because I was unfit, unhealthy, and not committed to a regular exercise routine. I have to say I now feel healthier and stronger, my weight is going down and my body is toning up. Greg's training routines are varied, tough, fun and aimed at me achieving my personal goals. Greg listens to how I'm responding to exercise and motivates me to give 100% in each session. I look forward to my regular training sessions with Greg and continue to achieve my goals.

Natasha Hosny

Jamie Smith

Qualifications:

- Certificate III in Fitness
- Certificate IV in Personal Training
- Level 1 ASCA Accredited Strength & Conditioning Coach
- Registered Fitness Professional
- C.H.E.K education seminars
- Nordic Pole Walking Coach



Experiences:

- Personal Trainer for over 5 years
- Fitness Instructor for over 7 years
- Boot Camp drill instructor
- Outdoor group fitness facilitator - 4 years



Testimonial:

I met Jamie "on the rebound" when a Personal Trainer I'd previously had, wasn't quite up to the mark i.e. forgot appointments. Jamie's style was friendly, knowledgeable, flexible and dependable. I was looking to get into shape after an accident and with Jamie's assistance that has happened. In addition, I have found the discipline of having a personal trainer on a regular basis just the thing to keep me motivated to do additional training. Now it's easy to keep up the investment, effort and have some fun as well. I've been with Jamie for almost 3 years and would not hesitate recommending his services.

Pam Garton