

2011 Group Personal Training

The Gap Health & Racquet Club are now offering a variety of Group Training

WHY GROUP PERSONAL TRAINING??

- ♦ Group Personal Training is an affordable solution to your training needs
- ♦ Train in a small group with a Personal Trainer and achieve fantastic results!
- ♦ Group Personal Training provides a social and supportive atmosphere

Our Group Personal Training will run in terms, with the first 10 week term kicking off on
Monday 7th February **

Metabolic Training combines high intensity aerobic and resistance training which increases your metabolism for optimum fat burning and fitness gains. *min 4—max 8 participants

Core and Abs Training focuses on building strong postural muscles as well as setting the foundation for your ab strength. *min 6—max 8 participants

Boot Camp is an outdoor form of training based on sports and military fitness styles. Good base level of fitness needed. Rain, hail or shine Boot Camp is always on. *min 8—max 15 participants

Boxing using focus pads is one of the best ways to increase fitness and fat burning. If you are looking for a workout to change your body shape, boxing is for you. *min 6—max 8 participants

Tri-Club training will change the shape of your body & your attitude using a tried and true form of cross training - TRIATHLON TRAINING. Anyone of any age, fitness or size can join our training groups. Take the challenge & you may even participate in a Triathlon!

** Term 1 for Tri-Club Runs from 25th Jan—17th March 2011 (8 week term)



	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am		Tri-Club Janine	Metabolic Janine	Tri-Club Janine	Boot Camp Lachie
9:00am		Core and Abs Alicia			
9:30am			Metabolic Janine		
6:30pm	Metabolic Janine				
7:00pm			Boxing Trevor		

Registration Form

First Name: Surname

Mobile: Email:

Medical Conditions : Yes No (If yes, please provide details).....

- | | | | | | |
|--------------------------|--------------------|------------------------|--------------|--------|-------|
| <input type="checkbox"/> | Metabolic Training | Mon | 6.00—7.00pm | Janine | \$250 |
| <input type="checkbox"/> | Metabolic Training | Wed | 6.00—7.00am | Janine | \$250 |
| <input type="checkbox"/> | Metabolic Training | Wed | 9.30—10.30am | Janine | \$250 |
| <input type="checkbox"/> | Core and Abs | Tues | 9.00—10.00am | Alicia | \$180 |
| <input type="checkbox"/> | Boxing | Wed | 7.00—8.00pm | Trevor | \$180 |
| <input type="checkbox"/> | Boot Camp | Fri | 6.00—7.00am | Lachie | \$180 |
| <input type="checkbox"/> | Tri-Club | Tues & Thurs | 6.00—7.00am | Janine | \$200 |
| <input type="checkbox"/> | Tri-Club | Tues OR Thurs (circle) | 6.00—7.00am | Janine | \$115 |

(Direct Debit options available—Separate form to be filled out)