


'We're working towards a fitter, healthier Perth...'



## **GROUP PERSONAL TRAINING SCHEDULE {GPT}**

	MON	TUE	WED	THU	FRI	SAT
RISE & SHINE 6.00AM	<b>STRENGTH GPT {55}</b>		<b>MASH UP GPT {55}</b>		<b>MASH UP GPT {55}</b>	
MID MORNING 8.30AM						<b>SUPER SATURDAY {55}</b>
MID MORNING 9.00AM	<b>PinkFIT GPT {55}</b>		<b>PinkFIT GPT {55}</b>		<b>STRENGTH GPT {55}</b>	
TWILIGHT ZONE 5.30PM						
TWILIGHT ZONE 6.00PM						

### **GROUP PERSONAL TRAINING KEY:**

**STRENGTH GPT** = Strength Training {55min}

**MASH UP GPT** = Cross Training Circuit {55min}

**PinkFIT GPT** = Ladies Only Circuit {55min}

**SUPER SATURDAY GPT** = Super Circuit {55min}

## GPT SESSION DESCRIPTIONS:

### **STRENGTH GPT = Strength Training {55min}**

This new GPT session is designed to enhance your strength via personalised & progressive resistance training options. The benefits of strength training are far-reaching & ready for you to discover.

#### **STRENGTH GPT** KEY FITNESS BENEFITS:

🧠 Bone Density 🧠 Muscular Strength 🧠 Joint Stability 🧠 Increase Metabolism

### **MASH UP GPT = Cross Training Circuit {55min}**

Mix up your training with a great blend of cardio, strength & core training options. full body workout in a circuit format. Experience our **MASH UP** rise & shine sessionS at 6am which provides a full body workout in a circuit format.

#### **MASH UP GPT** KEY FITNESS BENEFITS:

🧠 Cardio Fitness 🧠 Muscular Strength 🧠 Flexibility 🧠 Core Strength

### **PinkFIT GPT = Ladies Only Circuit {55min}**

A specialised circuit training session for women with an added emphasis on tummy, hips and thighs. **PinkFIT** combines calorie burning cardio and resistance training exercises designed to promote joint stability & bone density.

#### **PinkFIT GPT** KEY FITNESS BENEFITS:

🧠 Muscle Toning 🧠 Cardio Fitness 🧠 Bone Density 🧠 Body Fat Reduction

### **SUPER SATURDAY GPT = Super Circuit {55min}**

Super-charge the start of your weekend with our **SUPER SATURDAY** circuit. A fantastic full body workout to get you in the weekend vibe.

#### **SUPER SATURDAY GPT** KEY FITNESS BENEFITS:

🧠 Cardio Fitness 🧠 Strength 🧠 Muscular Endurance 🧠 Balance Improvement

## **GROUP PERSONAL TRAINING OPTIONS:**

### **'GOLD' TEAM GPT Membership (Unlimited Monthly) \*\$280**

Join our exclusive 'GOLD CLUB' membership to experience unlimited GPT sessions within a calendar month. At just \$70 per week it provides great value for fully supervised & structured fitness training in a fun, social environment.

### **10 Session Pass \*\$270 (\*10 week expiry)**

Invest in a 10 session pass to provide you with 10 GPT visits of your choice. The pass remains at the studio & expires 10weeks from the purchase date.