

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



GROUP PERSONAL TRAINING SCHEDULE {GPT}

	MON	TUE	WED	THU	FRI	SAT
RISE & SHINE 6.00AM	MASH UP GPT {55}		MASH UP GPT {55}		MASH UP GPT {55}	
MID MORNING 8.30AM						SUPER SATURDAY {55}
MID MORNING 9.00AM	PinkFIT GPT {55}		PinkFIT GPT {55}		PinkFIT GPT {55}	
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.