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## **Christmas Special**

*Buy a 12 week training package and receive 1 week for free!*

Do you want to get fit or lose weight or do you just need some extra motivation to start exercising? Maybe you have a goal you would like to achieve but you don't know how to get there?

### **Inspire Fitness can help YOU!**

We offer one on one personal training sessions tailored to suit your individual goals and needs.

We offer outdoor sessions in the beautiful tropical surrounds, or indoors in one of the local air conditioned gymnasiums or alternatively in the privacy of your own home.

Inspire Fitness specialises in weight loss, pre and post pregnancy exercise, and over 55's.

### **Personal Training Sessions Include:**

- goal setting
- fitness testing
- nutrition assessment
- fitness program

