











Fat Burner 12 Week Package





Burn off that excess body fat to become a leaner, slimmer, fitter, healthier you. Enjoy the benefits of increased energy levels, happiness, confidence and general well-being.

Package Consists Of

-  1 free trial session (Optional)
-  24 x 45 minute personal training sessions
-  1 resistance based session per week
-  1 cardio based session per week
-  Body weigh in and measurements (Optional)
-  1 food/training diary
-  Constant nutrition guidance and monitoring
-  Anytime support on diet, training & motivation

Requirements

-  2 sessions per week. Sessions can be held over holiday periods if required. Terms and conditions apply.
-  Sessions are pre organised for day/s and time/s that suit. Can be changed with enough notice.

Payment Options



- Weekly/Fortnightly direct debit
- Advanced payment/s
- Session cost 50

Contact

To schedule your free trial session contact Energised Personal Training

Land line: 03 9264 381 Cell: 022 1667 793 Email: info@energisedpt.co.nz

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