

Bronze Package

"Never, Never, Never Quit!"
- Winton Churchill



Do you currently exercise and have a good diet, yet you feel like something is missing? You may not be getting the results you want, your fitness may not be improving as quickly as you'd like or you doubt that what you're doing is the most effective way? It may even be that you're curious about how fit you really are and how far you can be pushed.

This package will answer all of those questions for you. It is designed for the accomplished client, someone that's already got it together but wants that extra edge. This package will give you the extra accountability, answers and the fantastic workouts that you're looking for.

The Bronze Package is for the person who...

- Is exercising on a regular basis and looking for the most effective ways to get results
- Can train on their own but looking for that extra level of accountability
- Would like to learn a system that shows them how they can maintain their results forever
- Wants to know what their true potential is
- Is a go-getter and self motivated
- Wants to be pushed hard so they can use it as a guide for their own workouts
- Is already on track with their nutrition and would like some fine tuning to their diet
- Wants more energy and to tone up

What you receive:

- 12 weeks of Personal Training that will inspire and motivate you to get the body you've always wanted. Sessions are once a week for 45 minutes
- 2 Fitness Assessment Reports to record your progress and celebrate your awesome results!
- A monthly educational and motivational newsletter

Total Value: \$950

Pay upfront and only pay: \$750
or 3 x Monthly Instalments of \$316





Amanda Rattay

Is a Personal Trainer who has helped countless clients lose weight and keep it off forever. Having come from the downward cycle of weight loss herself, she understands how hard and frustrating the whole process can be. She has developed a system that helps her clients have a realistic lifestyle that they can maintain forever (no more “lettuce leaf diets”, no more quick fixes or crazy exercise regimes). With Amanda’s methods you can eat what you love and still learn how you can lose weight! Amanda will work with you to help you beat those weight loss struggles and in the process will motivate and inspire you to be the best you can be. There is a good chance that you’ll become hooked on your new lifestyle during the process!

Read what her clients have to say...

"Amanda's positive and energetic training style has helped me stay motivated and achieve fantastic results. With Amanda's help my fitness, self esteem and confidence has improve 100%!" - Kate

“Amanda your enthusiasm and friendly approach make it really fun. Even when I am about to fall over with exhaustion you keep it light hearted but also keep us focussed on improving our fitness. “ – Sharyn

“LOVE IT – you’re very motivating, inspirational, lots of variety, challenging (gets evil smile and glint in her eyes and you know you are in for PAIN!) - what can I say an overall fantastic workout.”

This program will give you the edge! It'll give you the answers you've been looking for and push you to new limits. Don't wait, make it happen!

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session.

;125 (2 weeks).