



Being a self-motivated person, you may have already started your journey but unsure of how to continue. It may be that you have plateaued with your results, you're bored with the same old routine or you're now looking to fast track your results. Or maybe you started off really well but now struggling to stay motivated and on track and worried you're going to slip back into old habits! I get it as I've been there too and I want to help you get the health & fitness you crave once and for all!

This package will give you a great mixture of coaching and education to give you the tools you need to continue your success as well as Personal Training to get you the results that you want!

The Silver Package is for the person who...

- Wants simple steps to help them lose weight and get fit
- Is already exercising and wants to learn proven techniques to weight loss
- Has a good or ok diet but wants guidance around the food choices they make
- Wants constant motivation and accountability (no more 'on again off again' cycles!)
- Looking for more than just "sweat sessions"
- Wants to know their true fitness levels and be pushed to reach their full capabilities (we all know that most people don't work out as hard on their own)
- Is sick of yo-yo diets and fads where you've lost the weight and put it all back on (*again and again*)
- Wants to be educated about the process of losing weight in a non-technical way
- Is ready to make it happen!

What you receive:

12 weeks of Personal Training that will inspire and motivate you to get the body you've always wanted. Sessions are 2 times a week* for 45 minutes (total of 26 sessions!)

Includes two Personal Coaching Sessions to dig deeper into what you need! That'll you're your lifestyle, your body and importantly what you enjoy! This isn't a cookie cutter approach! (*These sessions can be used as PT sessions and talk during the workout or we can sit down and come up with a detailed plan for you! Also please know I'm really flexible with how/when the sessions are used as I realise life happens. Happy to chat about in person ☺*)

Total Value: \$2262

Pay upfront and only pay: \$1690

or 3 x Monthly Instalments of \$754



Read what her clients have to say...

"Amanda gives you motivation to work to your full potential. You get results quickly with Amanda, she gets to know you on a personal level and makes training a very enjoyable experience. Her jokes make you laugh just when you feel like giving up."

"Every session is different and you never know what to expect, that's what I like. You develop a trust in her, you know that she won't give you anything that you can't do, so you put your trust in her and work extra hard."

"Amanda keeps in touch throughout the week and helps you with healthy eating and follow up exercises."

"Amanda is a highly motivated trainer who is passionate about exercise and healthy eating and this rubs off on her clients. I look forward to my personal training sessions with her."

If nothing changes, then nothing changes! Let's make this your healthiest, fittest year yet!

Order Form Payment Details:

Payment Upfront: \$1690 OR Monthly Instalments 3 x \$754 [for 26 PT Sessions for 45mins]

Please select which option you will be choosing:

- I will transfer \$_____ to BSB: 633 000, Acc No: 1225 95036 Reference: Your Name
- I will be making a cash payment of \$_____ prior to of our first training session.
- I will make payment of \$_____ via a PayPal Invoice (prior to our first session)

Name: _____

Address: _____

Suburb: _____ Postcode: _____

Phone: _____

Email: _____

Cancellation policy: If you chose to terminate your package early there will be a \$100 cancellation fee.