

FIGHTING FIT

AUSTRALIA

PERSONAL TRAINING

Are you unsure of how to achieve your fitness goals?

Personal Training with our experienced and knowledgeable trainers will get you moving in the right direction.

PT includes individual assessment with our Professional Trainers to:

- form your goals,
- find out what time you have to work on achieving these goals, and
- current strengths and weaknesses.

From there they will develop a program designed just for you or your private group.

PT is available for up to four people. The more you have, the cheaper it gets (see below).

Price:

Time:	One	Two	Three	Four
30 min	\$35	\$20ea	\$15ea	\$12.50ea
45 min	\$47.50	\$25ea	\$19.50ea	\$15ea

This is a highly specialized service that is individually designed for you by our expert team.

Contact us on:

info@fightingfit.net.au or 07-4639 5077

Fighting Fit Level 1 /491 Ruthven Street Toowoomba QLD

Ph: 07-46 39 5077 info@fightingfit.net.au



We now offer

PERSONAL TRAINING

You can have private training with the best in the business.

