

SHAW FITNESS'S *Personal Training*



Your Personal Trainer

- Weight Loss
- Body Shaping/Toning
- Pregnancy
- Strength Training
- Group Fitness



SAVE 10%
When you mention
This Flyer
*Initial Session only, limited time



*Your sessions include...
Exercises based on your level of fitness...
Exercises tailored to your goals...
Food & Exercise Journal...*

0438 779 177

e:shawfitness@iprimus.com.au