

**GET THE
RIGHT
START**

aquafit 
Health. Fitness. Wellbeing.

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Introductory Personal
Training Pack

 **kickstart**

what is kickstart?

The KickStart Program is designed to get your training off to the right start. Working with one of our qualified trainers, you will be carefully guided through the beginning stages of your new lifestyle change.

Over the course of your 3 sessions, they will help lay a foundation that enables you to move forward with confidence that you are on the right track.

Your sessions will give you a sense of direction and understanding as you move towards achieving your health and fitness goals, all under the careful guidance of your qualified Personal Trainer.

why work with a personal trainer?

Your Personal Trainer will:

- Help to keep you motivated
- Improve your technical skills
- Ensure every workout counts
- Introduce you to new exercises and equipment, giving you more confidence to workout independently
- Help you get results

**3 x 30
minute
personal
training
sessions**

what does kickstart include?

The KickStart Program includes 3 x 30 minute personal training sessions:

Session 1 - Goals, Health and Fitness Assessment

Session 2 - Mini Movement Circuit and Stretch

Session 3 - Micro Circuit and Stretch

how much does it cost?

Your KickStart Program is available once only for just \$75. Please note that Sessions must be used within 8 weeks of purchase and are non-refundable. If you do need to cancel a session please give your trainer a minimum of 24 hours notice.

let's get started

Contact Aquafit on 46 297 297 or drop in and have a chat with our PT Manager. From here we will provide you with the information you need to get started.