

## A new year, A new you A special 6 week kick start offer

Plus a chance to win 3 month's free membership for you and a friend!

### Kick start your fitness and wellbeing in 2010 with our special offer:

- 2 Personal Training sessions per week
- 1 group session per week in one of our huge range of classes
- 6 weeks use of our premium gym facilities

### All for one low discounted price!

**Plus** - everyone who completes the SHE kick start programme will go into a draw to win 3 month's free membership for themselves, plus another 3 months they can give to a friend!

Call 9251 1737 to get on board now!

SHE is a vibrant, growing women only health club with a super-convenient city location. Our aim is to be fresh, innovative and inspiring so that you can be your best in health, fitness and feeling good about yourself.

We offer a great choice of classes to suit every taste, including Boxing, Cycling, Pump, Body Combat, Pilates, Yoga and Hip Hop!!

Our new Cycle Room is up and running and many members are enjoying the benefits of this exciting approach to fitness training.

All cardio machines have personal screens, complete with Foxtel.

Luxurious bathrooms with beautiful strong showers and plenty of space and privacy.

**SHE has everything to make your fitness regime a pleasure!**

**Join the 6 week kick start programme and see why our members love SHE.**



Fresh

Innovative

Inspirational

# What personal challenge will you set for your 6 weeks programme?

Write it! Believe it! Achieve it!

1. Write your name, goal and paste on your photo on the last panel.
2. Track your week to week progress using the record charts.
3. At the end of 6 weeks, cut out the last panel and place in the prize draw box at SHE for your chance to **win a free year's membership.**

Good luck!

## Week 1

	PT session 1 (Please ✓)	PT session 2 (Please ✓)	Group session (Record the class you did)	Time spent on equipment
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				

## Week 2

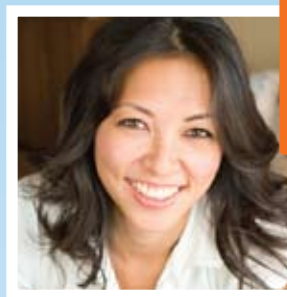
	PT session 1 (Please ✓)	PT session 2 (Please ✓)	Group session (Record the class you did)	Time spent on equipment
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				

## Week 3

	PT session 1 (Please ✓)	PT session 2 (Please ✓)	Group session (Record the class you did)	Time spent on equipment
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				

## Week 4

	PT session 1 (Please ✓)	PT session 2 (Please ✓)	Group session (Record the class you did)	Time spent on equipment
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				



I'd like to lose the extra weight I put on over the Christmas holidays

I'd like to be healthier and have more energy to run around with my kids



## Week 5

	PT session 1 (Please ✓)	PT session 2 (Please ✓)	Group session (Record the class you did)	Time spent on equipment
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				

✂

Name

My Goal

PLACE YOUR OWN PHOTO HERE

## Week 6

	PT session 1 (Please ✓)	PT session 2 (Please ✓)	Group session (Record the class you did)	Time spent on equipment
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				