



she
health club

40 Day Fitness Mission

“I am a woman on a mission”

Intensive 40 day program to make a total lifestyle change.

What you get:

- Full support from our Personal Training/Fitness team
- 1 Personal Training session
- 1 Power Blaster group session
- Program designed for weight loss and toning
- A comprehensive nutrition guide
- Fitness testing- monitor your progress

To experience your body transformation, email us on quaypt@shehealthclub.com.au or call us on 9251 1737

Fresh, Innovative, Inspirational

POSTAGE
PAID
AUSTRALIA
