



SPECIAL OFFER

COMPLIMENTARY ONE ON ONE PERSONAL TRAINING

Whether you're ready to do "whatever it takes" to get in shape or want to kick-start your workouts with a new routine, Nick, our personal trainer is at your service, with tailor-made programmes to achieve your health and fitness goals:

- Body Sculpting
- HIIT Training
- Endurance Training
- Flexibility, Core Stability and Balance Training
- Functional Training
- Rehabilitation
- Power Plate Training
- Strength and Conditioning
- Weight Loss

We are pleased to offer you a complimentary half hour personal training session with Nick.* He has been training his clients over 15 years and can help you to develop a programme to suit your needs. Don't miss out!

*Offer available until 30th November 2020.



For more information or to book an appointment, please contact our Fitness Centre on 2216 5702 or e-mail us at nickchu@refineryclub.com.