

PERSONAL TRAINING

*Fall in Love
with Fitness*



This Valentine's season, give yourself the gift of health and wellness! Whether you're just starting out or leveling up your fitness game, our experienced Personal Trainers are here to guide, motivate and support you every step of the way.

Why choose Personal Training?

- Customised workout plans tailored to your goals and abilities.
- Expert guidance to maximise your results.
- Stay motivated and accountable.
- Learn proper form to reduce the risk of injury.



5% OFF ALL
10 and 20 session
Personal Training packs!
(Maximum of 1 pack per person)

OFFER VALID
1 - 14 FEBRUARY 2025

Terms and conditions apply. Call us on 8707 6930, or visit us at Health Mates Fitness Centre to discover more and secure your spot.



HealthMates
Fitness Centre

2B Brett St, Revesby | 8707 6930 | healthmates.com.au