



## Information for classes

Is it possible to be worked out really hard, be pushed to your limits and still have fun? Of course it is, you just have to do one of my classes!

### Body Overhaul

**Location:** Bicentennial Park, Sydney Olympic Park (meeting point will be given once registered)

**Time:** Tuesday and Thursday mornings at 6am – 7am

**Date:** October 18<sup>th</sup> until 8<sup>th</sup> December

**Description:** Held in a convenient & beautiful location. Not your regular bootcamp, we work your entire body, push you to your limits and see you as an individual not just part of a group. Education is important to us and we will help you in any way we can. For **under \$200** you can change your body for summer. Both men and women are welcome to join! To welcome you to the wonderful world of Reve you will receive a free goody bag.

#### Guidelines:

Please register through my contact form on the website. Provide your name and contact phone number. You will receive further information after you register.

Please bring towel and water bottle – you are going to sweat!

Please inform your instructor of any injuries or medical conditions which can affect you during exercise – this is very important.

**Payment:** full payment for the term is to be made on our first session only \$192 for 16 sessions that's \$12 per session! Please bring exact amount as change is limited.

**Wet weather:** there are numerous places for shelter in the park and a wet weather workout is always ready as a back-up. Training is on rain or shine!





## Body Plus

**Location:** Strathfield community centre 1b Bates St Strathfield

**Time:** Tuesdays 6.30pm – 7.20pm

**Date:** October 11<sup>th</sup> until November 29<sup>th</sup>

**Description :** circuit based class, combining strength and cardio exercises. Your entire body will be worked! Some side effects include weight loss, toning, endurance, strength, flexibility, increased energy levels. Suitable for all fitness levels exercises can be altered from beginner to advanced. Both men and women are welcome.

### Guidelines:

Please register through my contact form on the website. Provide your name and contact phone number and whether you are registering for the term of as a casual.

Please arrive on time we start sharply at 6.30pm make sure you arrive early if you need to organise payment with me.

Bring a towel and water bottle, you may sweat!

Please inform your instructor of any injuries or medical conditions which can affect you during exercise – this is very important.

**Payment:** register for the full 8weeks and receive a discount (only \$96 that's just \$12 per class SAVE \$24), payment for the term is to be made on the first class. Casual visitors are most welcome and the fee is \$15 per session, to be paid on the night before commencement of class. Please bring the exact amount as change is limited.

**Wet weather:** we are inside so no need to worry!!



## ABT (abs, butts and thighs)

**Location:** Strathfield community centre 1b bates St Strathfield

**Time:** Tuesdays 7.30pm to 8.20pm

**Date:** October 11<sup>th</sup> until November 29<sup>th</sup>

**Description:** We work the 'lady' areas and firm you up! I am a Personal Trainer and a woman, so I know what you want and how to help you get it. Suitable for all fitness levels exercises can be altered from beginner to advanced. Respectfully women's only.

### Guidelines:

Please register through my contact form on the website. Provide your name and contact phone number and whether you are registering for the term of as a casual.

Please arrive on time we start sharply at 7.30pm make sure you arrive early if you need to organise payment with me.

Bring a towel and water bottle, you may sweat!

Please inform your instructor of any injuries or medical conditions which can affect you during exercise – this is very important.

**Payment:** register for the full 8weeks and receive a discount (only \$96 that's just \$12 per class SAVE \$24), payment for the term is to be made on the first class. Casual visitors are most welcome and the fee is \$15 per session, to be paid on the night before commencement of class. Please bring the exact amount as change is limited.

**Wet weather:** we are inside so no need to worry!!

