

Lifestyle Fitness has helped a wide variety of clients to achieve their goals.

- I have lost 15kg in 16 weeks with one on one training. Sticking to my goals with constant motivation, exercise, and nutritional guidance from my trainer.  
(Megan C, Wollstonecraft)



- My wife loves my six pack thanks to Lifestyle Fitness.  
(Robert B, Mosman)

- Kate, thank you so much your training has changed my life. I feel more energetic now at 60 than I have for years and I never believed I would ever see my waist again.

(Ann H, Surry Hills)

- I dedicated myself to personal training 3 times per week and lost 2 dress sizes. Sculpted my arms and have the wedding photos to prove it.

(Sally B, Neutral Bay)

- Since training with Lifestyle Fitness, I have lowered my blood pressure and no longer need to take medication.

(Peter S, Neutral Bay)



## Semi-Private Personal Training Timetable

Day	Classes	Time
Monday	Semi-Private	6.00am
	Semi-Private	6.30pm
Tuesday	Semi-Private	5.30pm
	Semi-Private	6.30pm
Wednesday	Semi-Private	7.30pm
	Semi-Private	6.30am
Thursday	Semi-Private	6.30pm
Friday		
Saturday	Semi-Private	9.30am
	Semi-Private	10.30am

## One on one and Buddy Training

Training sessions are available from **6am to 8:30pm** Monday to Friday and from **7:30am to 4pm** on Saturdays.

All sessions are by appointment only.

**LifestyleFitness**  
RESULTS PERSONAL TRAINING

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m. 0422 294 699  
a. 10/271 Military Road Cremorne NSW 2090  
e. info@lifestylefitness.net.au  
w. www.lifestylefitness.net.au

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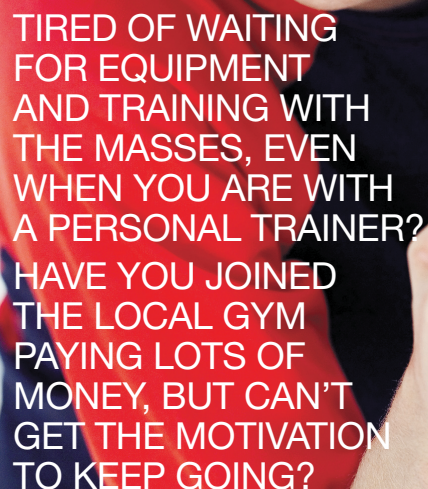
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[www.lifestylefitness.net.au](http://www.lifestylefitness.net.au)





TIRED OF WAITING  
FOR EQUIPMENT  
AND TRAINING WITH  
THE MASSES, EVEN  
WHEN YOU ARE WITH  
A PERSONAL TRAINER?  
HAVE YOU JOINED  
THE LOCAL GYM  
PAYING LOTS OF  
MONEY, BUT CAN'T  
GET THE MOTIVATION  
TO KEEP GOING?

### THERE IS AN ALTERNATIVE. >>>>

Lifestyle Fitness is a boutique personal training studio that is fully air conditioned. Equipped with a variety of cardio machines, pin loaded weight machines, free weights, and Pilates equipment. Helping you to achieve your health and fitness goals in:

- pilates core stability
- weight loss
- cardio fitness
- muscle strength
- toning
- general fitness and wellbeing
- nutrition
- cardio kickboxing

### The Trainers >>>>

Our highly qualified and accredited trainers offer a friendly and caring atmosphere. Guiding you through your health and fitness goals on a week by week basis, plus food and nutrition advice, vital for your health and well being.

Trainers will provide you with a specific program to achieve your results. These programs are built around your health and fitness goals and offer a variety of exercises, so you will never be bored. Weekly body measurements and a weigh in are taken for weight loss clients so we can monitor your results.

### Getting Started >>>>

Your initial personal training consultation will include a full body analysis, to assist in programming personal training sessions to fit your lifestyle goals.

- Blood pressure test.
- Heart rate fitness assessment.
- Body fat analysis.
- Medical and lifestyle analysis.
- Strength and flexibility analysis.

Be the  
image  
you want  
to be  
and don't  
accept  
anything  
less.

### One on One Personal Training >>>>

Here you receive 100% attention on you, with a variety of different exercises in a personalised program matched to your health and fitness goals.



### Buddy Personal Training >>>>

Two clients with one trainer each of you will do your own customised programs depending on your level of fitness and goals.

### Semi-Private Personal Training >>>>

A great way of achieving fabulous results in a more cost effective way. One trainer takes up to five clients through their own specialised program, catering to individual needs and fitness levels, also a great way of meeting new people and making friends whilst getting fit.

### Nutrition >>>>

All personal training sessions come with nutritional advice and meal planning to help you to manage your food intake and achieve your goals.

