



PURE HEART FITNESS

Just Start... it's NEVER too late...

Pure Heart Fitness is COMING SOON to this shop and offers affordable Personal Training suitable for men and women in a private studio for the community of Forestdale and surrounds.

People come in all shapes and sizes and yes we all have very different needs. At Pure Heart Fitness we specialise in helping you with your desires to reshaping your body into a fit, healthy fat burning machine through the following services:

- one-on-one personal training;
- mastering your mind;
- nutritional help and support;
- specialised / individualised program; and
- goal setting.

Vision

Our vision is to help people to just start as it is NEVER too late!

Mission

Actively promote longevity through a healthy life.

Our Values

To deliver Fun - Reliable - Efficient - Safe and Healthy training options that we coined the F.R.E.S.H. approach.



We *Invite You* to our Personal Training Studio OPEN DAY.

Open Day: 29th June 2013
Time: 10:00 am to 2:00pm
Location: Forestdale Shops
Address: Unit 1/11 Forestdale Dve, Forestdale QLD 4118

Be the first to check out our new facility prior to opening on 1st July 2013 and book your **FREE** personal training session with Karen or ring on 0414 680 157.