

# FIFTY ALBERT

Positive Health Solutions  
Corporate Personal Training  
ABN: 89 451 804 665



## About the Trainer: Phillip Grouls

- Passion For the Fitness Industry for over 9 years
- 6 years Taekwondo 2nd degree Black Belt
- 3 Years Qualified Personal Trainer
- 2 year Boot Camp Instructor
- Studied Kick Boxing, Muay Thai Boxing, Brazilian Jiu Jitsu Martial Arts (totalling over 4 years)
- Qualified Advanced Sports Nutrition Course



Fifty Albert and Positive Health Solutions have joined together to provide you with the convenience of one on one personal training within the privacy and comfort of your apartment complex in the Health & Wellbeing Retreat .



Whether your goal is to lose weight, tone up, increase fitness or to feel great for Summer we have a fitness expert who has helped hundreds of people just like you reach their health and fitness goals.



More importantly, we will train your way using a variety of training styles including weights, kettle bells, full body strength and cardio, boxing and martial arts training keeping you interested and looking forward to your training sessions.



**Take Advantage of a Complimentary One on One Personal Training Session now by simply contacting Phillip Grouls and organizing a convenient time**



For General & Booking Enquires

Contact Phillip Grouls

0423 323 130

[www.facebook.com/positivehealthsolutions](http://www.facebook.com/positivehealthsolutions)



# Pricing

## Inductions:

This service is required to receive access to the gym facility and ensures that the equipment will be used correctly and safely. You will be shown correct technique, how to use and adjust the machines as needed and also be shown some ideas and exercises specific to your own goals.

**Please Note: The Owners Corporation will be covering induction costs until January 2014**

1 Person: \$30

2 People: \$50

3 People: \$70

4 People: \$80

Limited to a total of 4 people per session

One on One Personal Training 45 Minute sessions

Rate: \$50 per session

Train once per week:

Individually tailored program design plus full accountability for effective self training.

Full Nutrition program design based on individuals goals

Fitness Assessment and Wellness Evaluation.

Twice per week:

All the above benefits including the following.

50 % Off all New Balance Clothing and Shoes

Access to the trainers Personal nutrition plan where he lost 10 kilos and went from 12% to 8% body fat in 12 weeks.

Three or more times per week

All the above benefits including the following

Only \$45 per session when you commit to one months training

A complimentary gift valued at \$70 with the one month commitment

Group Training: 45 minute sessions

2 People	\$35 each per session
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3 People	\$25 each per session
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4 People	\$20 each per session
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5 - 9 People	\$15 each per session
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10+	\$10 each per session
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# Services Provided

## Program Design & Implementation: \$150

Would like to train on your own but not sure how? Full program design plus a session to explain all the exercises you are unsure of.

## Self Defense & Martial Arts Training

Get even more out of your PT sessions and get lean and fit while learning how to defend yourself with various styles of Martial Arts Training. Learning skills from Taekwondo, Muay Thai Kick-boxing, Boxing and Brazilian Jiu Jitsu

## Losing Weight, Increasing Fitness, Gaining Lean Muscle

An assessment of your goals, measurements and training interests will be done prior to training to ensure you achieve the maximum benefit from your sessions regardless of what your health and fitness goals may be.

Keep things interesting with various styles of training ranging from weights, kettlebells, boxing, full body strength and cardio, abs, aerobics and much more.