



brisbane  
**Personal**Training

**Smart**Training

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# 1 HOME PAGE

## Mobile Personal Training

Brisbane Personal Training has been created to assure you of the best possible service in supporting you to achieve your fitness goals. Our aim is to be recognised as the foremost mobile personal training business in Brisbane.

The Brisbane Personal Training team of fully qualified & experienced trainers offer a range of fitness services designed to complement one another. Our fun & individual approach encourages commitment and success for everybody. Furthermore, our personal & technical customer care ensures you are always the first priority.

If you would like to book a session or organise a consultation with one of our trainers, simply review our Pricing Page and then go to our Book Online page or call 0432 868 686.

# 2 WE OFFER

## We Offer

We come to you saving you time, inconvenience and costly gym membership fees. Your trainer will then use your home, office or park for a really effective and fun workout. All the necessary equipment is provided, so there is no need for a gym!

The Results:

- Improved body shape and posture
- Weight loss and fat reduction
- Increased confidence and well-being
- Reduced stress and fatigue
- Boosted energy levels
- Decreased future health problems
- Assisted recovery from injury & illness
- Long-term exercise adherence

Our skilled and motivated trainers are looking forward to helping you achieve your goals.

### 3 PRICING

#### Basics

Programme	Price and Description
10 x PT Sessions	<b>\$770</b> 10 Personal Training sessions.
10 x PT Sessions for 2 or more People	<b>\$850</b> 10 Personal Training sessions for 2+ people.
10 x 1hr Massage Sessions	<b>\$850</b> 10 sports massage sessions that come to you.

#### Programmes

Programme	Price and Description
Get Me Started	<b>\$875</b> 3 sessions per week over a 4 week period. A comprehensive approach to getting things moving in the right direction. Develops basic Strength, Fitness, Condition, and Flexibility.
Stay On Track	<b>\$1,315</b> Once you've completed 10 PT sessions, you can then purchase a "Stay on Track" program that provides 1.5 hour sessions delivered once per month over 12 months. Includes assessment, program review and personal training session.
Fit 4 Purpose	<b>\$1,170</b> Intense 4 week programmes to get you fit for hiking, skiing, fun runs and other physical challenges. 4 sessions per week for 4 weeks.
Wedding Plan	<b>\$2,630</b> It's your special day and you want to look and feel the part. This programme will get you toned, lose unwanted pounds and help you stay relaxed. 3 sessions per week over 12 weeks.
Turn Around	<b>\$POA</b> For those who are stuck in a rut we can develop a customised plan that involves taking you out of your current environment, breaking old habits and building new positive habits. If you've tried and failed numerous times before, then this is the programme for you!

## Online Personal Trainer

Online Trainer Options	Price and Description
<b>Basic</b>	<b>\$100</b> Consultation, Personalised program with photos for exercise instruction, 3 Steps to Success Manual, and Training & Nutrition Diary.
<b>Smart Pack</b>	<b>\$195</b> Consultation, Personalised program with photos for exercise instruction, 3 Steps to Success Manual, and Training & Nutrition Diary. Plus, fortnightly email checkups on progress for 2 months.
<b>Comprehensive</b>	<b>\$295</b> Consultation, Personalised program with photos for exercise instruction, 3 Steps to Success Manual, and Training & Nutrition Diary. Plus, weekly email checkups and access to your personal trainer via phone for up to 15 minutes per week for 3 months.

Prices inclusive of GST. Sessions last approximately 45 minutes to 1 hour.

## 4 ARTICLES

### Articles

TBC.

## 5 CONTACT US

### Contact Us

Tel: 0432 868 686 [info@brisbanept.com.au](mailto:info@brisbanept.com.au)

Please fill out the form below and we'll get in touch with you within 24 hours (Mon-Fri, excluding holidays).

Name	
Address	
Tel No.	
Email Address.	
How Did You Hear About Us?	

## 6 ONLINE TRAINER

### Online Trainer

The online trainer is ideal for people who live outside of Brisbane or who simply want to experience the professionalism of a personal trainer. We give you our 3 Steps to Success Manual, personalised programmes with photographs and teaching points to ensure safety and correct techniques, and exercise & nutrition diaries. Our fun and individual approach to exercise will encourage you to stick to your programme and keep motivated.

Simply go to our Book Online page and enter your details!

### Online Trainer Options

Online Trainer Options	Price and Description
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<b>Comprehensive</b>	Consultation, Personalised program with photos for exercise instruction, 3 Steps to Success Manual, and Training & Nutrition Diary. Plus, weekly email checkups and access to your personal trainer via phone for up to 15 minutes per week for 3 months.

## 7 BOOK ONLINE

### Book Online

Book in advance for priority service and to secure your preferred time slot with Brisbane Personal Training.

Bookings may be made by:

- Email: [info@brisbanept.com.au](mailto:info@brisbanept.com.au)
- Contact us form
- Or call: 0432 868 686

2 ways to pay:

- Cash
- E.F.T (simply ask in advance for the bank account details and then provide a printed copy of your transaction completed receipt at the beginning of your session).

Information to Provide:

- Your name, address & contact number.
- 1<sup>st</sup> Preferred time slot.
- 2<sup>nd</sup> Preferred time slot.

You will then receive a confirmation of your request within 24 hours.

## 8 GIFT VOUCHERS

### Gift Vouchers

The perfect gift for the person you care about. You can purchase gift vouchers which can be used towards any service provided by Brisbane Personal Training.

The total value of gift vouchers you purchase is up to you. Simply use our contact us form or email and provide the following information:

1. Choose the service you want (for example our popular "Get Me Started" programme).
2. Provide your name and the name of the person to whom the gift voucher is for.
3. Pay via E.F.T. and provide details of your confirmation of payment.
4. You will then receive your gift vouchers in the mail within a few days.

If you have any questions relating to our gift voucher system, use our contact us form, send an email to [info@brisbanept.com.au](mailto:info@brisbanept.com.au) or call.

## 9 MESSAGE

### Massage

Your trainer will come to you and bring a massage table to setup in your home. After 1 hour of deep tissue sports massage you will feel like a new person.

## The Benefits of Massage

Massage can have a great effect on the major physiological systems of the body. It is good for both mental and physical stress. It is pointless working out if muscles are sore, tired and overused.

We all suffer from time to time with upper back and neck problems due to poor posture and being stuck behind a desk all day. Massage can loosen the muscles and remove unwanted waste products within the cells.

If you have a new or ongoing injury, massage helps to break down scar tissue and improve range of movement in the joint. Sports therapy massage after or during an injury is essential for rehabilitation in the shortest possible time and to avoid recurrence.

## 10 RUNNING

### Running

Your trainer will devise a program tailored to your needs and take you on a journey to completing the fun run, half marathon or marathon of your choice.

You can be assured of safely and surely developing the fitness and conditioning required for your chosen event.

A great way to get fit, get outdoors and enjoy Brisbane's fine weather.

## 11 MOBILE PERSONAL TRAINING

### Mobile Personal Training

To start, you will have a consultation with your trainer to chat about your goals, training, nutrition and lifestyle. Your personal trainer will then create fun and varied sessions including everything from boxing, core work, strength exercises, stretching and cardio drills.

All training will be provided in a way that is fun, safe and fully supportive.

Personal training can be provided on a 'one to one' basis, or 'buddy system' (two clients with one trainer), delivered weekly, fortnightly, monthly, or as often as you require. All Brisbane Personal Training trainers are fully qualified and carry public liability cover and professional indemnity insurance.

To make a booking or organise a consultation simply use our contact us form, send an email to [info@brisbanept.com.au](mailto:info@brisbanept.com.au) or call.



## 12 PROGRAMMES

### Programmes

Take it to the next level by choosing a programme to ensure you get the results you want in the timeframe you want. Your trainer will make sure that you progress toward your goals week-by-week under careful supervision and guidance.

Programme	Description
<b>Get Me Started</b>	3 sessions per week over a 4 week period. A comprehensive approach to getting things moving in the right direction. Develops basic Strength, Fitness, Condition, and Flexibility.
<b>Stay On Track</b>	Once you've completed 10 PT sessions, you can then purchase a "Stay on Track" program that provides 1.5 hour sessions delivered once per month over 12 months. Includes assessment, program review and personal training session.
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