



PERSONAL AND GROUP TRAINING



GLEN EIRA
LEISURE



City of
**GLEN
EIRA**

GLEN EIRA
CITY COUNCIL

BENTLEIGH • BENTLEIGH EAST • BRIGHTON EAST • CARNEGIE • CAULFIELD • ELSTERNWICK
GARDENVALE • GLEN HUNTLY • MCKINNON • MURRUMBEENA • ORMOND • ST KILDA EAST

Personal training is the perfect option for those wanting to challenge their strength and fitness, lose weight or benefit from ongoing support and motivation.

There are a number of personal training options to suit:

01 KICK START

Perfect for those starting PT.

THREE SESSIONS	\$99
SESSION LENGTH	30min
PAYMENT	Upfront

Kick start pack valid for one use only

02 INDIVIDUAL PASS

Suited to those wanting flexibility with their session times.

SESSION LENGTH	30min
COST PER SESSION	\$52.50

SESSION LENGTH	45min
COST PER SESSION	\$78.00

PAYMENT	Upfront
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30min and 45min sessions can be shared with others. Maximum 3:1





03

MULTI-VISIT PASS

Ideal for those wanting ongoing sessions.

SESSION LENGTH	30min
FIVE SESSIONS	\$262.50

SESSION LENGTH	45min
FIVE SESSIONS	\$390.0

PAYMENT	Upfront
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30min and 45min sessions can be shared with others. Maximum 3:1



Scan here for more information.

What our personal training members say:

“I could see and feel a huge difference in my fitness and strength after only a few sessions – which has had a positive impact on my energy levels and overall wellbeing. With Steve’s guidance, I have made physical activity part of my lifestyle.”

“I have never been, nor am I, a gym junkie. However, my Personal Trainer, has me excited about attending GESAC. Due to his support and understanding of my medical conditions, he has tailored a program that not only meets my needs, but has helped me achieve a significant improvement to health and wellbeing.”

“From the first session, I knew Daniela was the right fit to train me. Her passion for her clients and the industry are second to none. Working together, I have lost more than 25kgs and achieved more in my health and fitness journey than I ever thought possible. Daniela has encouraged me to become a better version of myself.”

GLEN EIRA SPORTS AND AQUATIC CENTRE

200 East Boundary Road, Bentleigh East

CAULFIELD RECREATION CENTRE

6 Maple Street, Caulfield South

T 9575 7100 National Relay Service: TTY dial 13 36 77 or Speak and

Listen 1300 555 727 or www.iprelay.com.au then enter 03 9524 3333

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