

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

KICKSTART YOUR PT JOURNEY AT GEL

3 SESSIONS FOR \$99

A one-time offer of PT 3 x 30 minute sessions paid upfront and booked in advance with your trainer



Scan the QR code to find out more!



Achieve your fitness goals with our expert trainers.



PT MEMBERSHIP

ONGOING SESSIONS

Perfect for maintaining momentum with regular sessions.

SESSION LENGTH 30min

COST PER SESSION \$50

SESSION LENGTH 45min

COST PER SESSION \$75

MULTI-VISIT PASS

5 SESSION MULTI-PACKS

Ideal for those needing flexibility with training times.

SESSION LENGTH 30min

FIVE SESSIONS \$250

SESSION LENGTH 45min

FIVE SESSIONS \$375

“GEL’s PT helped me hit my fitness goals quicker than I expected. Their approach has turned exercise into a habit and made a real difference in my overall strength performance noticeable gains in strength and endurance.”



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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