



**HEALTHIER  
HAPPIER  
LEANER  
STRONGER  
EVERY DAY FOR LIFE!**



**Led by Amanda Allen,**

Master Trainer and former State, National and World Champion Triathlete.

**Fit Club** integrates professional instruction, personal training, lifestyle coaching and fun all rolled into one!

**Make time** for your body and soul in the great outdoors!

**9.30-10.30am**

**Monday**  
Botanic Park

**Wednesday**  
CBC Oval

**Friday**  
Victoria Park

\$210/month, \$55/week or \$20/session

4 week blocks beginning first Monday of each month bookings essential please

**realise**  
PERSONAL TRAINING



vitality



strength



endurance



balance

Contact Amanda Allen today!

e: amanda@realisept.com.au m: 0400 262 116

\*valid for 3 months; 4 weeks must be utilised consecutively; fully transferrable

**www.realisept.com.au**



**Amanda brings decades of professional sporting achievements coupled with extensive professional qualifications to the benefit of her clients.**

As a former professional triathlete and current internationally competitive canoeist, Amanda knows what it takes to suffer the lows, hit the wall, taste success, fail, persevere, grow, adapt, learn, try, laugh, cry, work hard, fail, try again, establish strategies for change and improvement, keep an sense of humour and how to endure to bring out the very best in herself – this is what makes her a highly motivating, honest and effective trainer and guide to her clients!

Amanda takes a very personal, enthusiastic and wholistic approach to working with clients across all aspects of health, fitness, wellbeing and performance!

Realise Personal Training & Breakfast Club services include:

- > Swim, cycle, run and strength training/instruction
- > Life/style coaching
- > Performance improvement strategies
- > Weight management
- > Stress management
- > Goal setting
- > Personalised program design
- > Nutritional support
- > Training scheduling
- > Technique assessment and development
- > Mental skills development
- > Racing strategy and skill development
- > Vitality and wellbeing coaching
- > FUN – it's in the fine print!!!

Improve your health, improve your running, improve your strength, improve your weaknesses, lose weight and reach new heights...

**come and be the best you can be!**



<b>FEES:</b>	<b>\$20/session</b>	<b>\$54/week</b> 3 sessions	<b>\$210/month</b> 12 sessions
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