

S3 Fitness & Wellbeing

Strength, Stamina & Stability



Mobile Personal Training Training At Your Doorstep

“One Life , One Body , Live Well”

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www.s3fitness.co.nz

Session Brief

My mission is to bring about realistic, gradual change by way of educating, supporting and motivating people which will result in healthier habits, positive attitudes and physical well being for life .

I provide an initial 30 minute free consultation to give you a taste of what my training can deliver. Each session thereafter is tailored to your fitness level, goals and timeframe and will provide you with the challenge and variety you need to achieve your goal and keep you focused.

Some of the benefits of regular exercise are:

- Increase in energy level
- Reduction in stress level
- Reduce or maintain body weight/ body fat
- Build and maintain healthy muscles, bones, and joints
- Enhanced work, recreation, and sport performance

Individual Sessions

30 minute session \$40.00

45 minute session \$50.00

60 minute session \$70.00

If you wish to train for over 60 minutes the price will vary depending on the length of the session.

Your session will conclude with a full body stretch to help with recovery and repair of the muscles that have been worked during the session.

Group Training

This session is run Monday and Wednesday evenings @ 6.00pm and Thursday and Friday morning @ 9.10am and Its a combination of cardio and strength training to suit all fitness level. Casual and concession rates are available: Venue varies. Please call for more information.

- \$15.00 for casual session
- \$135.00 for 10 sessions saving of \$50.00
- Zumba classes also available

Personalised Group Training

This package will suit people who would like to train with their partners, colleagues or friends.

Maximum of 4 people per group to ensure effective training is delivered. Cost as per the table below:

30 minute session	2 people	3 people	4 people
Price	\$25 per person	\$20 per person	\$15 per person

45 minute session	2 people	3 people	4 people
Price	\$35 per person	\$30 per person	\$25 per person

60 minute session	2 people	3 people	4 people
Price	\$45 per person	\$40 per person	\$35 per person

If you wish to train for over 60 minutes the price will vary depending on the length of the session.

Your session will conclude with a full body stretch to help with recovery and repair of the muscles that have been worked during the session.

Value Added Packs

If you wish to purchase prepaid packages below are some value added packages:

- **6 pack** - 6 sessions plus 1 free group fitness session
- **Ultimate Pack** - 10 sessions plus 1 free PT session
- **“The Big Day” for Bride and Groom** – Nutrition and Exercise package.
- **Mums and Bubs** - You and your baby both get to move with this programme.

Contact Sang Vallabh on **021 377 424** to get more information on these packages.

Gift vouchers are also available for purchase.