

# Fitness that fits... for women with busy lives



## What the ladies have to say:

"I love my work out sessions at Fitness Fix. The sessions are packed with variety and you can have one on one sessions or join a group for a circuit class. Sally worked out a personalised program for me and it has helped me better my fitness, strength and increase energy levels. The one on one training is beneficial and Sally encourages me to do that little bit better all the time, but at a pace that I can cope with."

"Attending the personal one-on-one training with Sally has given me a weekly regular form of personal exercise that has suited me perfectly. The sessions fit in with my work and life balance, and therefore I have been able to stick to them.

The results have been fabulous, I have lost weight, toned up, and gained unexpected strength, all together given me a personal boost in confidence and a spring in my step."

I cannot actually cut it down, and want to actually say more!!!

***If you are looking to lose weight for summer then Sally can help you for sure!***

*One hour fitness check up to discuss your health and fitness goals, blood pressure check, and a training session to wrap it up.*



**www.fitnessfix.co.nz 021 900 643**