



weight management psychology

MONDAY Movement

**Get moving in a supportive environment with our
Size-Diverse Personal Trainer Gracyn!
(ALL FOR A REALLY GREAT PRICE!)**

What:

**Small group size-inclusive
personal training (Min 3 - Max 8)**

When:

Mondays 6:00am AND 5:30pm

How long:

Only 45 mins!



Where:

**Captain Burke Park,
Kangaroo Point**

Who:

**Weight Management Psychology
Clients & Friends**

How much:

Only \$25.00/session!

How do I get involved?

- 1) Put your details on the sign up form**
- 2) Gracyn will contact you for a FREE 1 on 1 preparation session**
- 3) Start getting fitter supported by a group that nurtures without judging!**

Testimonials

“ Gracyn is an outstanding personal trainer. She is incredibly personable and training with her is not a chore, more like a fun activity with a friend that I look forward to each week. She has a wealth of health, fitness and wellbeing knowledge and is able to cater training sessions to any level of movement capabilities. I feel very confident training with Gracyn and finish each session with a real sense of accomplishment. In my opinion, she's the standard by which any trainer should be measured. I would have no hesitation in recommending Gracyn to anyone who is interested in starting their training/movement journey, or looking for a change in their current regime. Rachel. ”

“ Can confidently say that it was the first ever PT experience that I've ever enjoyed (and there's been a few). Wow. Thank you for giving me the opportunity to train with her! Kylie ”

“ Best PT I've ever had! She is so good with me and knows how to work around my back and wrist issues. Kerrie ”