



weight management psychology

THURSDAY GROUP *Boxing!*

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

What:

**Small group size-inclusive
Boxing Session (Min 3 - Max 8)**

When:

**THURSDAYS
4:00pm AND 6:30pm**

How long:

Only 45 mins!



Where:

**Captain Burke Park,
Kangaroo Point**

Who:

Everyone is welcome!

How much:

Only \$25.00/session!

How do I get involved?

- 1) Comment Below / PM Gracyn or email if interested**
- 2) Gracyn will contact you for a FREE 1 on 1 preparation session**
- 3) Start getting box fit supported by a group that nurtures without judging!**

Ph: 0402 530 357 Email: gracyn@weightmanagementpsychology.com.au

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 ”