

We have a great new 12 week Small Group Program. 12WSG

Small Group sessions are a great way to generate fitness momentum. With a fixed 12 week program your Personal Trainer will program a progressive, productive and varied workout plan for the group.

Here is how it works:

Choose how many sessions you want Per WEEK FOR the 12 weeks. 1, 2, or 3 per week.

Book into the sessions available ON LINE or with your Trainer. Web Site or Events on Facebook page .
www.dedicatedtofitness.com.au Dedicated To Fitness on facebook.

Payment Plan. We have a Direct Debit Plan available for the fixed 12 week Term, or can be paid up front.

To keep costs as economical as possible Classes and overall Term is set, if you miss a class then it's forfeited*. *(there may be opportunities to be placed in another time slot if it is not fully subscribed, but not guaranteed).

Sessions are a maximum of 5 people, and need a minimum of 4 people to start your group.

Talk to your Personal Trainer for more details, or ask reception.

PENCILED IN BOOKINGS ARE NOW AVAILABLE, AS SOON AS THERE ARE 4 PEOPLE PER SESSION, ALL SYSTEMS GO !! JUMP IN AND SECURE YOUR SPOT NOW !

SESSIONS PER WEEK	PER SESSION	PER WEEK	Direct Debit Online PROMO CODE
1 x 60 Min 12WSG Sessions	\$24.95	24.95	12WSG1
1 x 30 Min 12WSG Sessions	\$19.95	19.95	12WSG130
2 x 60 Min 12WSG Sessions	\$23.95	47.90	12WSG2
3 x 60 Min 12WSG Sessions	\$22.95	68.85	12WSG3
Paid in full available. = Per week price x 12			