

# Need a Little Help With Your Motivation? Why Not Try Our

# 21 Day Kick Start Programme!

## You Will Get:

- A one hour session each week with a Personal Trainer of your choice (3 sessions over 21 days)
- A consultation with our Nutritionist, Donna Johnstone
- A gift voucher for a 60 minute Hot Rock or Therapeutic Massage which will be awarded upon completion of the 21 days

The general wisdom is that it takes 21 days to make or break a habit.  
Make Health & Fitness Your New Habit Now!



Price \$199