

The Summer Sculptor 12 Week Package



Sculpt your body ready for summer, trim down excess body fat, tighten, tone and define muscle. Increase strength, energy levels and cardiovascular fitness to look and feel your best ever!

Package Consists Of

-  **1 x Training consultation**
-  **24 x 1/2 hour personal training sessions**
-  **1 x Resistance, targeted sculpting session per week**
-  **1 x High intensity cardio boxing session per week**
-  **2 x Programs for away days**
-  **3 x Body composition: Start, halfway & completion**
-  **1 x Food diary**
-  **Anytime support on diet, training & motivation**

Requirements

-  2 sessions per week
-  Sessions are pre organised between you and the trainer upon commencement of this package
-  Self discipline and adherence to the trainers advice is essential to achieve the best results throughout the training

Payment Options

-  Fortnightly Direct Debit
-  Advanced Upfront Payment

To schedule your first session/consultation, contact us on 9264381 or via <https://www.energisedpt.co.nz/contact-us>

We will then advise you to hit 'Buy now' to set up your Direct Debit payments